

Pella  
Collectors'  
Cookbook





# Pella Collectors Cook Book

Eighth Edition of the Pella Cook Book

Compiled and Published

by

Central College Auxiliary

1982

## FOREWORD

The Central College Auxiliary is pleased to offer to you the "Pella Collectors Cook Book." This is the eighth in the series of Pella Cook Books. We have added a new section — International. We feel this section is an appropriate addition since Central College has expanded its horizon to include off-campus study centers in Europe and Mexico. This affords opportunities for our students to experience other cultures first-hand. The College has long welcomed and encouraged students from other countries to study at our Pella campus. Many of the recipes in this section were contributed by these foreign students.

Pella was founded by Dutch settlers and continues to celebrate its Dutch heritage each spring (the second weekend in May) with a "Tulip Time" festival; therefore, we are keeping the traditional Dutch recipes as a separate section.

We are particularly grateful to the members of the cook book committee who devoted many hours to assembling and editing the recipes; to Barbara Sagraves for her assistance with publication problems; to Virginia Aug for her excellent illustrations; and to our sponsors for their financial assistance.

To each of you who shared a favorite recipe, we extend our special thanks. Due to your overwhelming generosity in sharing your recipes, we were unable, due to space limitations, to include all the recipes submitted. To avoid repetition, we have combined similar recipes and listed more than one name with the recipe. Recipes that were in previous Pella Cook Books were repeated only if necessary to assure an adequate selection for a section.

We are most grateful for the continuing interest in the Pella Cook Books over the many years since our first edition was published in 1901. We thank each of you who buy our cook books. This generous support enables us to continue to fund many important projects for Central College.

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## COVER STORY

The cover of the 8th Edition of the Pella Cook Books, "Pella Collectors Cook Book," is reproduced from an original pastel drawing, "On the Road to Mill-Volendam" framed in New York in 1907. The Dutch children seem to represent a by-gone era. Mina Baker purchased the drawing at Mr. "B's" (Maurice Birdsall) Pella yard sale of antiques. The artist was May A. Post. There is an air of mystery surrounding its history from 1907 until "Mr. B." acquired it at a Pella estate auction.

The section covers, "dividers," feature traditional Dutch costumes. These pictures for the "dividers" were drawn by Virginia Aug. A Central College student, Virginia is from Preston, Minnesota. Particularly interested in folk and ethnic dress, Virginia has studied costume design both at Central and in Wales. The costumes portrayed are authentic. They are based on photographs, post cards from Holland and designs from costume books.

Dutch costume may be defined as the traditional dress worn for festivals, market days, official events, dances, etc., both in this country and the Netherlands. Klederdrachten is the Dutch word for the traditional dress when worn as a "way of life" in Holland; it is limited to a small percentage of older people — mostly women — in villages. An exception is Staphorst, a conservative village where young and old still wear the traditional dress. Most provinces, villages, and islands have recognizable, representative "costumes" in their museums and festivals. There is variation although change has occurred slowly. The dress of Volendam is most easily identified and associated with the "Dutch."

The provinces are: (1) Zeeland, (2) Friesland, (3) Overijssel, (4) North Holland, (5) South Holland, (6) Gelderland, (7) Groningen, (8) Utrecht, (9) Drente, (10) North Brabant, (11) Limberg. Some villages and islands where Dutch dress is still important are: (1) Volendam, (2) Marken, (3) Urk, (4) Staphorst, (5) Bunscooten, (6) Spakenberg, (7) Hindelopen, (8) Huizen, (9) Middelburg, (10) \*Alkmaar, (11) Walcheren, (12) North and South Beveland.

\*Alkmaar is famous for its Cheese Market where representatives of the many cheese makers wear different colored hats. (Divider Sheet for International Section.)

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# Province of Zeeland



## Dutch

Edited by Eunice Kuyper







Pella is proud of its Dutch Heritage. The Co-editors believe it is time to assess Dutch cooking in Pella today. How has it evolved? How authentic is it? Where is it found?

In Pella, many families still "cook Dutch" with the incorporation of the best of American cooking. Food traditions are passed on and are not easily replaced or forgotten. The popularity of travel to Holland has also increased interest in Dutch foods. Emphasis is on certain dishes rather than on the traditional meal patterns of The Netherlands. Those preparing Dutch dishes want recipes they feel are authentic. This cook book and earlier editions help to provide this information. The Pella bakeries and butcher shops also help to make available delicious and authentic Dutch foods.

Everything becomes "Dutch" during the Tulip Festival. At this time, we are more "Dutch than the Dutch." Hundreds of Banket letters and rings of bologna are sold during the Festival. Imported candies, Dutch cocoa and chocolates are also available. Restaurants feature special Dutch menus. Churches include certain special foods on their menu lists such as split pea soup (erwtensoep or snert) or cut green beans (snijboonjes) or ice cream with Dutch letters (Boter-letter or Banket). The Central College Auxiliary's Dutch Market sells homemade Dutch letters and pigs in the blanket (saucijsjes) along with other donated goodies.

The Historical Society serves hot chocolate with Dutch cookies (possibly Jan Hagel or Boter Koekjes) and molded candies for the celebration of Sinter Klaas Day, December sixth. At the end of the newly featured "Christmas Walk" through the decorated Historical Village, cocoa and Santa Claus cookies (St. Nicholas koekjes) were a nice reward for those participating. This "Dutch treat" was found in the old fashioned bakery with the display of interesting breads, gingerbread men, a gingerbread house, and a doughnut tree. In the Summer of 1981, the world's largest Dutch letter was baked by Jaarsma's to raise money for the bakery project.

Strawtown Inn has many entrees and other foods from Holland on its menu. Usually, a series of Dutch dinners are served sometime each year. Visitors enjoy the lovely decor including fresh "Dutch lace" curtains, colorful tiles, Hindelopen painting, and blue Delft. Visiting individuals or groups frequently request a Dutch luncheon or dinner during their stay in Pella. Some of the foods included on the Strawtown menu are: Bitterballen appetizers, Dutch spiced beef or Rollade, veal birds or Blinde Vinken, red cabbage or Rode Kool, kale or white cabbage mashed with potatoes or Stampput, Dutch lettuce, Dutch chocolate ice cream, and Advokaat sundaes.

At Easter time many buy the traditional Dutch currant or fruit breads to share with friends. Olie bollen (Dutch fritters or doughnuts) are a special treat for New Year's Eve. Hutspout or Dutch boiled dinner (stew) may be the hot luncheon dish for senior citizens and other workers serving during the Fall Festival.

The Dutch "Coffee Table" or "Koffie Tafel" is a tradition we'd like to recommend. A collection of assorted breads with currant bread which is "special" and included as a simple dessert is served. Lovely hams, sausages and bologna, cheeses including Gouda and Edam with their colorful wax rinds may be assembled without too much trouble. Sliced tomatoes or Herring Salad could be added. Delicious coffee poured from a beautiful pewter pot and topped with real whipped cream for special occasions (like that important birthday) complete the Koffie Tafel. Try it, you'll like it!

**BITTERBALLEN (Savory Balls)****Strawtown Inn**

3 Tbsp. butter  
3 Tbsp. flour  
1 cup chicken broth  
½ lb. cold cooked veal, shredded  
1 Tbsp. finely chopped parsley  
1 tsp. nutmeg

1 tsp. Worcestershire sauce  
freshly ground black pepper  
2 egg whites  
½ cup fine dry bread crumbs  
oil for deep fat frying  
prepared mustard - Dijon type

Heat butter in a saucepan, add flour and cook, stirring for 2 minutes. Gradually add broth — stir constantly — until a thick paste is formed. Add the veal, parsley, nutmeg, Worcestershire sauce and pepper. Combine thoroughly. Refrigerate mixture for 2 hours. Heat oil for deep frying. Form meat mixture into 1 inch balls. Beat egg whites until foamy. Dip balls in egg whites, then roll in the breadcrumbs. Fry for 2 minutes or golden. Serve hot with the mustard for dipping. (These were served at Strawtown Inn.) Makes 35 to 40 balls.

**KAASBOLLETJES (Cheese Balls)****Strawtown Inn**

1¾ cups flour  
1½ cups grated Gouda or Edam  
cheese  
½ tsp. salt

10 Tbsp. butter  
3 egg yolks  
fresh ground black papper

Place flour, cheese, salt and pepper in a bowl. Cut butter into flour mixture until the mixture resembles coarse meal. Add the egg yolks and mix in with a fork. Gather the mixture (it will be crumbly) together with your hands. Knead, on a lightly floured board, until dough is elastic. Shape into a ball; wrap in waxpaper, and refrigerate for at least 2 hours. Shape into ½ inch balls by rolling bits of dough between palms of hands. Bake on a lightly buttered cookie sheet at 370° for 15-20 minutes or until golden. (These were served at Strawtown Inn.)

**KAASSTOKJES (Cheese Sticks)****Strawtown Inn**

1½ cups grated Gouda cheese  
1¾ sticks butter, softened  
1 egg yolk

¼ tsp. salt  
1 tsp. Worcestershire sauce  
3 cups flour

Combine ¾ cup of the cheese with the other ingredients. Mix until well blended. Wrap in waxpaper and chill for 2 hours. Roll dough out to ¼ inch thickness. Cut into strips 3" by ¼". Coat with remaining cheese and place on a buttered cookie sheet. Bake at 400° for 15 minutes. Makes 50-60 sticks.



## DUTCH PEA SOUP

Eunice Kuyper

1 lb. whole peas  
2 lbs. pork hocks or country style ribs  
3 qts. water  
salt and pepper to taste  
1½ cups celery cut fine, with tops

3 medium onions, chopped fine  
3 potatoes, diced  
parsley  
4 smoked sausages or hot dogs, sliced

Soak peas with cold water overnight. Drain. Cook peas with meat for about 2 hours. Add next 5 ingredients and cook 1 hour. Add sliced sausages or hot dogs 15 minutes before serving. Serve hot.

## ERWTENSOEP (Pea Soup)

2 cups green split peas  
4¼ qts. water  
1½ tsp. salt  
2 pigs' feet

4 leeks, chopped  
1½ cups chopped celery  
½ lb. smoked sausage, cubed or sliced

Soak peas in 3 cups of water for 12 hours. Drain; add remaining water to peas. Add salt and bring to a boil. Skim; add the pigs' feet, leeks and celery. Simmer 3 to 5 hours, or until pigs' feet are quite tender and the meat loosens from the bone. Lift out the pigs' feet and discard skin and bones. Add meat bits to soup. During the last half hour of cooking, add the smoked sausage. Yields 8 servings.

## BOERENKAAS SOEP (Farmer's Cheese Soup)

Mina Baker

4 to 5 Tbsp. margarine  
1¼ cup finely chopped onion  
2 medium potatoes, diced  
2 carrots, scraped and cubed  
1½ cups cauliflower flowerlets, broken

½ cup chopped celery  
4 to 5 cups chicken broth  
4 slices bacon  
4 slices thickly cut bread, (homemade best)  
4 thick slices Gouda cheese

Melt margarine in skillet. Add onions, potatoes, carrots, cauliflower and celery. Cook 5 minutes, stirring frequently and add to broth. Bring to a boil and simmer 20-25 minutes until vegetables are tender. In a skillet, fry bacon (or cook in microwave oven) till crisp. Drain. Add bread to bacon grease and fry till brown on both sides. Drain on paper towels. Put soup in a casserole and float bacon slices on top. Cover each with slice of bread covered with cheese slice. Put casserole under broiler and broil 2 to 3 minutes until cheese melts. Serve immediately. Makes 4 servings.

## **OSSESTAART SOEP** **(Oxtail or Beef Soup)**

**Mina Baker**

- |   |                                   |
|---|-----------------------------------|
| 1 "oxtail" cut at joints or ½ lb. of sliced beef (steak or roast) | 2 medium carrots, sliced & cubed  |
| ½ tsp. salt   | 1½ onions, coarsely chopped       |
| ¼ tsp. pepper   | 1 potato, peeled and cut in cubes |
| 1 bay leaf  | 2 stalks celery, cut fine         |
| ¼ tsp. thyme  | 5 slices bacon, cut up fine       |
| 8 to 9 cups water   | 1 Tbsp. sherry                    |
| 4 Tbsp. rice or barley  | 1 to 2 Tbsp. chopped parsley      |

In soup kettle, place water, "oxtail" or beef and seasonings and bring to a boil. Simmer 3 hours. Strain broth and remove meat from bone or cut up beef slices. Return meat to broth and add rice or barley. Cook 25-30 minutes. Add carrots, onion, potatoes, celery and bacon. Cook 30 minutes more. Taste for proper flavor and add sherry. Garnish with parsley. 6 servings.

## **WYNPOP**

**Federated Club Collection**

- |               |                           |
|---------------|---------------------------|
| ½ cup barley  | salt to taste             |
| ½ cup raisins | sugar to taste            |
| 4 cups water  | ½ cup grape juice or wine |

Soak barley overnight. Boil in double boiler about 3½ hours or until barley is done. Soak raisins 1 hour. Add to above 1 hour before barley is done. Raisins should be plump when mixture is done. Let cool and add juice.

## **ROLLADE (Collared Beef)**

**Strawtown Inn**

- |                              |                                |
|------------------------------|--------------------------------|
| 1 (2 lb.) sirloin steak      | ½ tsp. thyme                   |
| ½ tsp. salt                  | 1 medium onion, finely chopped |
| freshly ground black pepper  | 1 bay leaf                     |
| 1 (1 lb.) filet mignon steak | 1 cup milk                     |
| 4 Tbsp. butter               |                                |

Ask the butcher to flatten sirloin steak to a thickness of ½ inch. Rub the steaks with salt and pepper. Place the filet mignon on the sirloin steak, roll up and tie with string in several places. In a heavy casserole (or Dutch oven) heat butter until very hot. Brown meat quickly on all sides. Lower heat; add thyme, bay leaf and onion. Cover and simmer for 1½ hours, turning occasionally. Add more butter if the meat tends to stick. Remove meat from pan and cool slightly before slicing. Remove bay leaf and add milk, stirring up brown bits from the pan. Serve sliced rollade with the sauce separately. Serves 8.

## PIG IN THE BLANKET

(Recipe used for Auxiliary Christmas Bazaar)

Dottie De Vries

### Dough:

½ cup margarine	1 cup milk
½ cup lard	2 tsp. baking powder
1 Tbsp. sugar	½ tsp. salt
3 cups flour	2 eggs

Mix above ingredients, mixing flour in last. Chill.

### Filling:

1½ lbs. seasoned lean pork	salt and pepper to taste
sausage	1 cup rusk crumbs (8 rusks)
1½ lbs. ground beef	

Mix all ingredients together. Chill. Roll filling into small rolls 3 inches long and ½ inch thick. Put meat roll on dough and twist off excess dough. Bake at 350° for 40 minutes.

## SAUCIJZEBROODJES

(Pig in the Blanket)

Mrs. Viola Van Wyk  
Recipe nearly 100 yrs. old

### Dough:

1 cup sour cream	¼ tsp. cream of tartar
¼ cup sugar	1 small tsp. soda
2 eggs	pinch of salt
	about 4 cups flour

Mix soda, sour cream and cream of tartar. Add other ingredients and enough of the flour to make soft dough. Roll out to less than ¼ inch thick. Cut your dough into 3" widths. Take filling size of a large walnut and roll filling in long roll. Cover with dough. Roll with palm of hand to about 5 inches. Pinch ends shut. Bake at 350° about 45 minutes.

### Filling:

1 lb. hamburger	½ lb. sausage
½ cup cracker crumbs	seasoning to taste

## GEHAKT BALLETTJES

(Meat Balls)

Dorothy Bosch from her mother  
Mrs. Kranendonk, Oostburg, Wis.

1 lb. ground beef	1 tsp. salt
1 lb. ground pork	⅛ tsp. pepper
2 eggs	⅛ tsp. ground cloves
2 Dutch rusks crumbled (any dry crumbs may be used)	⅛ tsp. allspice

Mix all ingredients thoroughly and shape into small balls (1 inch diameter). Brown in frying pan in small amount of cooking oil. Transfer to cooking pan and add drippings and enough water to make a broth and cook until done. There should be enough broth to make gravy.



## HOOFD KAAS (Head Cheese)

From the 4th edition, 1948

2 lbs. beef  
2 lbs. lean pork  
1 cup vinegar

1 Tbsp. salt  
1 tsp. pepper  
pinch of cloves and allspice

Cook meat until well done and boil down until only a pint of juice is left. Dice meat, put back into liquid, add vinegar and spices, boil a few minutes. Place in mold and keep in cool place. Slice thin to serve.

## BALKENBRIJ

Diane Den Herder  
Sioux Center, Iowa

13 cups water  
3 cups cracklings (or fried  
hamburger)  
2 Tbsp. salt

1½ cups buckwheat or whole  
wheat flour  
4 cups white flour  
2 tsp. cloves

Bring water to a boil. Add remaining ingredients and mix with mixer until thick. Place in pans and chill. When firm, slice, fry and serve with pancake or dark corn syrup.

## BINDEN VINKEN

Strawtown Inn

8 (5 oz. portions) thinly sliced veal  
1 lb. finely ground beef (or veal,  
pork or combination)  
½ tsp. salt  
¼ tsp. pepper  
1 tsp. nutmeg

1 Tbsp. finely chopped onion  
1 Tbsp. very fine chopped parsley  
4 eggs  
2 rusks, crumbled fine  
vegetable shortening (Crisco)  
1 can chicken (or beef) broth

Pound veal slices to ¼" thickness. Mix well the ground beef, salt, pepper, nutmeg, onion, parsley, eggs and rusks; divide into 8 portions. Roll a slice of veal around each portion and tie securely with string. Fry in small amount of shortening until well browned. Drain and place in bottom of roaster. Add the broth to pan in which veal rolls were browned, scraping well to loosen all particles of browned meat. Pour over rolls. Cover roaster and bake at 325° for 1½ hours or until tender. Serve with the following sauce:

### Sauce:

1 Tbsp. finely chopped onion  
½ lb. mushrooms, sliced  
3 Tbsp. butter  
1 tsp. lemon juice

¼ cup flour  
1 cup chicken (or beef stock)  
⅓ cup red wine  
½ pk. dry Knorr's oxtail soup mix

Saute onion and mushrooms in butter. Add lemon juice and simmer 2 to 3 minutes. Add flour to make a roux and add chicken stock, wine and oxtail soup. Mix. Simmer, adding more wine or stock (or boiling water) until sauce is the consistency of thick cream. Serve piping hot over Blinden Vinken.

## **HUTSPOT MET Klapstuk** **(Hodgepodge with Boiled Meat)**

2 lbs. boiling beef (flank)	3 lbs. potatoes
2 tsp. salt	9 large onions
5 lbs. carrots	pepper, to taste

Put the meat and salt in 4 cups boiling water and cook slowly for about 1½ hours, depending on the quality of the meat. Clean and dice carrots; add to the meat. Let cook ½ hour. Cut the potatoes and onions in pieces and add to the meat and carrots. Simmer until liquid has nearly evaporated and vegetables are thoroughly cooked. (Add more water if necessary.) When this dish is nearly ready, take out meat and serve separately. Stir the vegetables with a wooden spoon until the consistency of a stew. Add pepper to taste. Serves 8.

## **STAMPPOT MET AARDAPPELEN EN SPINAZIE** **(Mashed potato casserole with spinach)**

**Jean Van Wyk**  
**Oskaloosa, Iowa**

4 cups mashed potatoes	1 cup milk
2 Tbsp. butter	2 Tbsp. flour
½ to 1 cup milk	1 Tbsp. butter
2 pkgs. frozen spinach or equivalent fresh cooked	2 slices Velveeta cheese (optional)

Combine mashed potatoes with 2 Tbsp. butter and ½ (to 1 cup) milk. Add spinach. Combine 1 cup milk with 2 Tbsp. flour and a pinch of salt; stir over low heat until thickened. Then add 1 Tbsp. butter. Stir. Pour over spinach-potato mixture. Put in casserole and serve hot. As an option, add Velveeta cheese to top. Melt and serve.

## **STAMPPOT VAN ZUURKOOL MET SPEK** **EN WORST (Microwave)**

**Mina Baker**

**(Kraut with potatoes, bacon and sausage)**

8 or 2 lbs. boiling potatoes	1 (1 lb.) can sauerkraut, drained and washed
7 slices bacon, cut fine	pepper to taste
3 small onions, chopped	1 lb. sausage or Pella bologna (pre- cooked, cut pieces or slices)
¼ to ½ lb. mushrooms, sliced	
3 Tbsp. margarine	

Put potatoes and water in large casserole. Cover loosely with punctured plastic wrap and cook on high (microwave) for 10 minutes. Mash with potato masher or electric mixer. Cook bacon on high (microwave) 3 minutes, stir in potatoes. Microcook onions, mushrooms and margarine 2 minutes, stirring twice. Add to potato mixture. Stir in kraut. Season. Slice or cut sausage. Put over potato mixture. Heat through (5 to 7 minutes). Serves 6.

## PETE'S HUTSPOT

(His own recipe)

P.H. Kuyper

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1 lb. ground round steak        | 2 lbs. carrots sliced ¼" thick |
| 1 lb. ground pork               | 1 lb. onions cut in eighths    |
| 3 lbs. potatoes sliced ¼" thick | salt and pepper to taste       |

Saute ground meats in large pot, stirring until lightly browned. Add vegetables and enough water to just cover vegetables. Cover tightly and cook until vegetables are tender. Mash lightly until well mixed. Season to taste and serve hot.

## VLEESKROKETTEN (Meat croquettes)

- |   |                             |
|---|-----------------------------|
| 3 Tbsp. butter                            | freshly ground black pepper |
| 5 Tbsp. flour                             | ½ tsp. nutmeg               |
| 1 cup beef broth                          | ¼ tsp. Worcestershire sauce |
| ½ lb. cold, cooked lean beef,<br>shredded | 1 cup fine dry bread crumbs |
| ¼ tsp. salt                               | 2 egg whites                |
|   | oil for deep frying         |

Heat butter, stir in flour and cook 2 minutes. Gradually add the beef broth, stirring constantly until a smooth paste is formed. Add the beef, salt, pepper, nutmeg and Worcestershire sauce. Spread out on a flat surface and refrigerate until firm. When set, divide into 8 equal parts and form cylinders 3" long and 1" in diameter. Roll each in bread crumbs, then in beaten egg whites, then again in bread crumbs. Deep fry in hot oil a few at a time for 3 to 5 minutes. Drain and serve piping hot, garnished with parsley. Serves 8.

## BOERENKOOL MET ROOKWORST EN AARDAPPEL

(Dutch Casserole)

This thick stew of kale and potato, served with smoked sausage, one large one or several small frankfurters, is often referred to as the most genuine dish of Holland (may use Pella bologna).

- |                      |                 |
|----------------------|-----------------|
| 6-8 leaves of kale   | 1 bay leaf      |
| 1½ lbs. of potato    | salt and pepper |
| 1 lb. smoked sausage | water           |

Remove stems from leaves of crisp kale. Parboil, drain and chop finely. Peel potatoes and cut in 1-inch cubes. Mix potatoes and kale in skillet, season with salt and pepper. Add bay leaf. Place sausage on top. Pour enough water over to cover potatoes. Bring to boil, covered, and simmer for 30 minutes or until potatoes are cooked. Stir occasionally, adding more water if necessary. Yield: 4 servings.



## **SCHOL UIT DE OVEN** (Fish fillets)

Strawtown Inn

- |  |   |
|--|---|
| 6 (5 to 6 oz.) sole fillets ( $\frac{1}{8}$ " thick) | $\frac{1}{4}$ tsp. nutmeg                 |
| 1 Tbsp. fresh lemon juice                            | $\frac{1}{4}$ cup grated Gouda cheese     |
| 1 tsp. salt  | $\frac{1}{3}$ cup soft fresh bread crumbs |
| 3 Tbsp. butter                                       | freshly ground pepper                     |
| 6 bacon slices                                       | $\frac{1}{4}$ cup grated blanched almonds |
| 1 cup flour  | 3 Tbsp. chilled butter                    |
| $\frac{1}{4}$ tsp. dill seed                         |   |

Pat the fillets dry. Sprinkle both sides with lemon juice and salt. Set aside (at room temperature) for about 30 minutes. Preheat oven to 500°. Spread 2 Tbsp. butter, softened, over bottom and sides of a shallow, enameled baking dish (should be large enough to hold fish in one layer). Cut a piece of waxpaper to fit snugly inside baking dish and spread 1 Tbsp. butter, softened, on one side of the paper. Set aside.

Fry the bacon over moderate heat until lightly colored and begins to crisp. Drain on paper towels. Pat the fillets dry and fold lengthwise in half, doubling them over. Press edges together to hold them in shape. Dip fillets in flour and shake gently to remove excess. Sprinkle both sides with the dill seeds and nutmeg. Arrange side by side in buttered baking dish and lay a strip of bacon on each one. Grind a little pepper over the top. Combine cheese, bread crumbs and almonds. Scatter the mixture evenly over the fish. Dot with the chilled butter that has been cut into bits. Bake in upper third of the oven for 10 minutes, or until topping is brown and the fish flakes easily. Serve at once.

## **AARDAPPEL-PUREE MET HAM EN UIEN** (Puree of Potatoes with Ham and Onions)

- |                         |                                |
|-------------------------|--------------------------------|
| 2 lbs. boiled potatoes  | 2 medium-sized onions, chopped |
| 1 cup milk              | fine                           |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{4}$ lb. diced ham    |
| 3 Tbsp. butter          | 1 Tbsp. bread crumbs           |

Rub the boiled potatoes through a sieve. Stir in the milk and salt. Fry the onions in 2 Tbsp. butter. Grease an oven-proof dish and put in alternate layers of potato puree, onions and ham, ending with a layer of potato puree. Sprinkle with the bread crumbs, dot with the rest of the butter, and bake for  $\frac{1}{2}$  hour in a moderate oven (350°). Yield: 6 servings.

## GEVULDE PANNEKOEK

### Batter:

1 cup all-purpose flour	1½ cups milk
2 eggs	¼ tsp. salt

Combine flour, egg, milk and salt in blender jar. Blend at high speed for 30 seconds, scrape down sides of jar. Blend again for 15 seconds or until batter is smooth. Set aside (at room temperature) to rest for 30 minutes. Prepare filling while pancake mixture is at rest.

### Filling:

4 Tbsp. butter	2 tsp. lemon juice
1 Tbsp. finely chopped onions	¼ tsp. nutmeg
1 cup finely chopped mushrooms	½ tsp. salt
1 lb. ground beef (lean)	freshly ground pepper, to taste
⅓ cup flour	2 tsp. melted butter
2 cups chicken broth	

Saute onions, stirring frequently, in 2 Tbsp. butter until soft but not brown. Add mushrooms and, stirring frequently, cook for 10 to 15 minutes or until most of the liquid has evaporated. Do not brown mushrooms. Add the beef, breaking up the beef so no lumps are left. Cook until all traces of pink disappear. Scrape all into a sieve over a bowl and drain. Melt remaining butter in a skillet over moderate heat. Stir in the flour and mix thoroughly. Add chicken broth and, stirring constantly, cook over high heat until sauce comes to a boil and thickens heavily. Reduce heat and simmer for about 5 minutes, then add lemon juice, nutmeg, salt and black pepper. Remove from heat, stir in the drained meat mixture. Keep warm.

Over moderate heat, heat an 8" inch skillet. Brush with 1 tsp. melted butter. Immediately pour into skillet half the pancake batter; tip pan gently from side to side to spread pancake evenly. Cook until top of pancake is dry and bottom is golden brown (3 to 4 minutes). Loosen and carefully slide onto a heated serving platter, "uncooked side up." Brush pan with the other tsp. butter, pour in remaining batter and make second pancake in the same way. Loosen pancake. Invert a plate over skillet and, grasping skillet and plate firmly together, turn them upside down. The pancake should be browned side up.

Spread meat filling over first pancake, smoothing evenly with a spatula. Slide the second pancake on top. Cut in pie-shaped wedges to serve.



## UITSMIJTER

Mina Baker

(Meat and egg open-faced sandwich)

A "UITSMIJTER" is a dish, ordered mostly in a small or station restaurant when one is in a hurry but wants to eat something substantial.

butter or margarine	slices of boiled ham or rare
2 slices of white bread	roast beef
2 eggs	dill pickle

Butter bread and cover with meat slices. Fry the eggs and put on top of the meat. Garnish with dill pickle.

## BLINDE VINKEN

(Stuffed Fillets of Veal or Beef)

6 slices of veal cut from the round	pinch salt, pepper and nutmeg
¼ lb. ground veal	4 Tbsp. butter
1 egg	2 lemon slices
1 slice white bread, soaked in milk	

Pound the slices of veal until very thin. Mix the ground veal with the egg, bread, salt, pepper and nutmeg. Divide into six pieces, and place each on a slice of veal. Roll the slices and tie with thread. Brown quickly in butter on all sides, add 1 Tbsp. water and the lemon slices. Cover and simmer until tender, about ¾ hour. Take off the thread. Instead of meat stuffing, one can roll the slices around a boiled egg or use the filling of fried onions and chopped parsley. Makes 6 servings.

## DUTCH LETTUCE

Mrs. Bert Baron

Make the following sauce in advance, which may be kept in the refrigerator for several weeks:

1 Tbsp. butter	4 hard-boiled eggs
1 Tbsp. flour	6 servings coarsely cut lettuce, a
½ cup water	little onion added
2 egg yolks (or 1 whole egg)	6 strips bacon
½ cup sugar	⅓ cup vinegar
½ cup vinegar	⅓ cup water
6 servings hot boiled potatoes	

Melt butter, add flour; when well blended add water and bring to a boil while stirring. Beat egg yolks, add sugar and vinegar; blend and stir into the hot sauce. Let come to a boil. Have ready, potatoes, eggs, lettuce, onion. Cut bacon into small pieces, fry in skillet until nicely browned, add 3 or 4 Tbsp. of the above sauce, vinegar and water. Bring to boil in skillet and keep hot. Place a layer of hot potatoes (riced or mashed) in bowl; then a layer of lettuce, 2 sliced hard boiled eggs and several Tbsp. of the hot bacon dressing. Add remainder of potatoes, lettuce and sliced eggs. Pour rest of dressing over this and serve immediately.

### **KOMKOMMERSLA (Cucumber salad)**

2 cucumbers	3 Tbsp. wine vinegar
1 tsp. salt	1 Tbsp. chopped parsley

Peel and slice the cucumbers thinly. Sprinkle with salt; put the cucumber in a colander for 1 hour to drain off excess moisture. Add vinegar and parsley and mix well.

### **TOMATENSLA (Tomato salad)**

2 Tbsp. oil	1 tsp. sugar
1 tsp. salt	8 tomatoes, sliced
$\frac{3}{4}$ tsp. pepper	1 Tbsp. chopped parsley
$1\frac{1}{2}$ tsp. chopped onion	

Mix oil, salt, pepper, onion and sugar. Pour mixture over sliced tomatoes. Garnish with chopped parsley.

### **DUTCH COLESLAW**

**Mina Baker**

7 to 8 cups shredded cabbage	$\frac{1}{4}$ to $\frac{1}{2}$ cup minced celery
$\frac{1}{2}$ cup minced onion	3 Tbsp. chopped green pepper
$\frac{1}{2}$ cup chopped pimienta	salt and pepper
$\frac{1}{2}$ cup sour cream	

Combine ingredients and toss lightly. Add an old-fashioned "boiled dressing" and toss again. Cover and refrigerate several hours.

### **SNIJBOONTJES**

**Mina Baker**

**(French Cut Green Beans)**

Originally green beans were cut (French style) in a Dutch bean mill. The beans were put in a crock and covered with salt and "stamped" down. Juice formed as the beans were stored. When the original SNI-BOONEN were used, the salt was washed off and the beans were cooked. Now frozen French-style beans are used and seasoned with bacon drippings.

### **BLOEMKOOL (Cauliflower, the Dutch way)**

1 head cauliflower	$\frac{1}{2}$ cup cauliflower liquid
2 Tbsp. butter	salt and pepper
2 tsp. flour	nutmeg
$\frac{1}{2}$ cup milk	

Cook cauliflower whole or in flowerets. Drain. Reserve  $\frac{1}{2}$  cup liquid. Make a white sauce with the butter, flour, scalding milk and liquid. Season. Pour over cauliflower in serving dish. Sprinkle generously with nutmeg.



## **RODE KOOL** **(Red Cabbage)**

**Frances Van Wyngarden**

- |  |                             |
|--|-----------------------------|
| ¾ cup water  | ¼ cup vinegar               |
| 1 small head (2 lbs.) red cabbage,<br>sliced fine (5 cups firmly packed) | ½ tsp. allspice             |
| 3 tart apples, cored, peeled or<br>not, cut in eighths                   | ¼ tsp. cinnamon             |
| ¼ cup firmly packed brown sugar  | ¼ tsp. cloves, ground       |
|  | 2 Tbsp. butter or margarine |

In large saucepan, bring ingredients (except 1 Tbsp. butter) to boil. Reduce heat and cover. Stir occasionally, simmer 45 minutes or until cabbage is crisp-tender. Stir in remaining 1 Tbsp. butter. Serve hot.

**For Microwave:** combine all ingredients except water in 3 quart casserole. Cover and cook on high, stirring once for 12-15 minutes or until cabbage is crisp-tender. Let stand covered for 3 minutes.

## **RODE KOOL** **(Red Cabbage)**

**Mrs. Viola Van Wyk**

- |                           |               |
|---------------------------|---------------|
| 1 medium head red cabbage | ¾ cup vinegar |
| 2 to 4 apples, sliced     | ½ cup sugar   |
| 2 cups water              | ¼ tsp. salt   |

Cut cabbage rather fine. Cook cabbage and apples in the water for ½ hour. Drain. Add vinegar, sugar and salt. Mix well and heat thoroughly. Serve.

This may be used for canning also. Be sure it is boiling hot before putting in jars.

## **APPELBEIGNETS (Apple fritters)**

- |                               |                      |
|-------------------------------|----------------------|
| 2 cups sifted flour           | 1 tsp. nutmeg        |
| 2 cups beer, room temperature | 1 Tbsp. cinnamon     |
| 5 apples, medium size         | oil for frying       |
| 1 cup sugar                   | confectioner's sugar |

Sift flour into a deep bowl and make a well in the center. Slowly pour in beer. Gradually incorporate the flour, stirring gently, until the mixture is smooth. Set aside to rest, at room temperature, for 3 hours before using.

Just before you plan to fry the fritters, peel and core the apples. Cut apples crosswise into ⅓ inch thick rounds. Lay side by side on waxpaper. Combine sugar, nutmeg and cinnamon and sprinkle the mixture evenly over both sides of each apple slice.

Pour vegetable oil into deep fryer to a depth of 3 inches and heat to 375° on a deep-frying thermometer. Dip each apple slice in batter until well coated on all sides. Fry in the hot fat, 3 to 4 fritters at a time, for about 4 minutes, turning occasionally, until they are delicately and evenly browned. Transfer to a paper lined pan and keep warm in a warm oven while frying the remaining fritters. Arrange fritters on a warm platter and sprinkle with confectioners' sugar.

## FRITTERS

(Vetbollen or Oliebollen with yeast)

Mrs. Gerrit Branderhorst

Mrs. Jim Klyn

2 cups lukewarm water or milk  
½ cup sugar  
2 tsp. salt  
2 cakes compressed yeast  
2 beaten eggs

½ cup softened shortening  
1 qt. chopped raw apples  
1 heaping cup raisins  
1 heaping cup currants  
7 to 7½ cups sifted flour

Mix as for any bread sponge. Let rise in warm place until doubled in bulk. Break off by spoonfuls and fry in deep oil at 375°. Roll in powdered sugar.

## OLIE BOLLEN

Shirley Borgman

(This is a recipe of my grandfather's. He was a baker in Leuwarden.)

3 eggs  
1 apple, chopped finely  
1 cup currants  
1 cup sugar  
1 cup buttermilk

4½ cups flour (approx.)  
1 tsp. soda  
1 tsp. cream of tartar  
1 tsp. salt

Beat eggs. Add ingredients in first column. Sift flour and dry ingredients together. Mix ingredients with liquid mixture. Drop in hot oil (365°). Drain and roll in ½ cup sugar and ½ tsp. cinnamon.

## POFFERTJES

(Dutch Crullers)

Mina Baker

In The Netherlands, Poffertjes, small light and fluffy crullers, will be made and available for sale (as are Olie Bollen) at Market Days or Carnivals. Special iron molds are used on such occasions. This delicacy is served with powdered sugar. Another way to make Poffertjes is suggested below:

4 Tbsp. sugar  
1 tsp. salt  
4 Tbsp. fat  
1 cup hot water

1 tsp. grated orange rind  
1 cup flour  
3 eggs

Put sugar, salt, fat, rind and water in sauce pan. Heat to boiling point. Add flour and mix well. Cook until thick (like cream puffs) stirring constantly. Cool slightly. Add 1 egg at a time, beating hard after each addition. Press through pastry bag or to well greased square of heavy paper, **one at a time**. Turn paper upside down and let cruller drop into hot fat. Fry 6-7 minutes until well puffed and delicate brown. Drizzle with powdered sugar or ice with plain powdered sugar icing.

**SNEEUWBALLEN (Snow ball)**  
**(Cream Puff base for Raisin or Currant Puffs)**

**Mina Baker**

½ cup cold water	3 Tbsp. raisins
¼ tsp. salt	2 Tbsp. finely cut citron or fruit
½ cup margarine	cake mix
10 Tbsp. or ½ cup + 2 Tbsp. flour	1 tsp. vanilla
3 eggs	

Place water, salt and margarine in saucepan. Bring to boil. Remove from heat and add flour. Stir till smooth. Add eggs, one at a time, beating after each addition. Add fruit and vanilla. Heat fat (deep fat fryer) to 360-375°. Drop balls from spoon and cook till a golden brown. Drain. Roll in powdered sugar to give "snow ball" look.

Good for New Year's Eve. Makes 24.

**APPELPANNEKOEKEN**  
**(Apple Pancakes)**

**Strawtown Inn**

2 cups flour	12 Tbsp. butter
½ tsp. salt	2 medium tart cooking apples
4 large eggs, lightly beaten	stroop or Vander Hart's sorghum
2 cups milk	

Peel, quarter and core apples. Cut lengthwise into ¼" thick slices. Combine the flour and salt in a deep bowl, make a well in the center and turn in eggs. Gradually incorporate the flour into the eggs. Pour in milk in a thin stream, stirring constantly. Mix until batter is smooth. (Do not overmix.)

Heat a heavy 8 to 9 inch skillet over moderate heat. Melt 2 Tbsp. butter in skillet and when the foam subsides, add ¼ of the apple slices and turn in butter until apples are lightly browned. Pour in 1 cup of batter; cook for 2 to 3 minutes or until brown around the edges. Invert pancake, browned side up, on a flat plate. Add 1 Tbsp. butter to skillet and slide pancake back for 2 minutes to brown the underside. With a fork, roll the pancake into a cylinder and drape with foil to keep warm. Fry the remaining pancakes in the same way. Serve as soon as finished, accompanied with the stroop or sorghum. Makes 4 large pancakes.

**Variation:** Bacon pancakes are prepared by frying 8 slices of bacon until brown and barely crisp. Drain on paper towels and pour fat into a measuring cup. For each pancake, heat 2 Tbsp. of the fat in an 8 to 9 inch skillet. Add 2 slices of bacon and pour in 1 cup of batter. Fry as described for apple pancake. Add fat to skillet as needed.



## DUTCH PANCAKE

Jean Van Wyk  
Oskaloosa, Iowa

Mix flour, milk, a little oil, 1 egg and scant salt. Put a little butter in pan and pour one dipper of mix in pan. Turn over twice. Put butter and sugar or pancake syrup or brown sugar on.

This is great! Makes any amount, depending on how much flour, milk, oil and egg you use.

## RUSK PANCAKES

Mina Baker

3 eggs	3 Tbsp. margarine
¼ cup sugar	8 rusks
1 tsp. vanilla	powdered sugar
1 cup milk	

Beat eggs with sugar and vanilla. Add milk slowly, beating constantly. Melt margarine in large skillet. Add rusks. Pour most of egg mixture over rusks and brown slowly. Add remaining liquid until absorbed by rusks. Turn "pancakes" and brown on other side. Sprinkle with sugar and serve at once.

## BOTERKOEK (Dutch Shortbread)

Norma Ver Helst

1 cup butter	1 tsp. almond extract
1 cup sugar	2 cups flour
1 egg	1 tsp. baking powder

Mix together and bake at 350° for 30 min. Brush with milk.

## KRENTENBROOD (Currant Bread)

Mrs. T. Kempkes

Krentenbrood when served for the Dutch bread meal (lunch or supper) is considered "Special". It would be limited in quantity and used like "dessert".

½ cup shortening	2 well beaten eggs
½ cup sugar	10 cups flour
1½ Tbsp. salt	1 tsp. nutmeg
3 cups hot milk	1½ tsp. cinnamon
1 cup brown sugar	1 oz. pkg. compressed yeast
3 cups raisins	

Put shortening, sugar and salt in large bowl. Add hot milk. When lukewarm, add brown sugar, eggs, raisins, spices and yeast. Gradually beat in flour and knead for a little while. Put in warm place and let rise until it has doubled in bulk. Work down and let rise again; then shape into loaves and let rise until it is ready for the oven. Bake at 300° for 45 minutes. This makes 6 loaves and a pan of biscuits.

## **BOTERHAMKOEK** (Dutch Bread)

**Deborah Kay Huizenga Nier**  
Davenport, Iowa

2 cups flour  
1 cup white syrup  
7 Tbsp. brown sugar  
1 cup milk

½ tsp. nutmeg  
1 tsp. cinnamon  
3 tsp. baking powder  
1 tsp. ginger

Mix dry ingredients in bowl. Mix syrup and milk, then gradually add dry ingredients, working into firm dough. Place mixture into well-greased loaf pan. Bake 1 to 1½ hours at 350°. Let stand until quite cool. Should be a little hard.

## **PAASCHBROOD**

**Mina Baker**

“Paaschbrood” or Easter Fruit Bread is a rich golden-crust loaf filled with raisins, currants and citron. During the war, Dutch bakers made it a practice to give their regular customers a Paaschbrood for Easter breakfast, the better the customer the longer the loaf. Some loaves were over a yard long!

### **Dutch Easter Bread**

½ cup milk  
1 Tbsp. sugar  
2 tsp. salt  
2 Tbsp. butter  
¼ cup warm water (105°-115°)  
1 pkg. or cake yeast  
1 egg

2⅓ cups unsifted flour  
½ cup raisins  
½ cup currants  
¼ cup chopped citron  
grated rind ½ lemon  
confectioners' sugar frosting  
(optional)

Scald milk. Stir in sugar, salt and butter; cool to lukewarm. Measure warm water into large warm bowl. Sprinkle or crumble in yeast; stir until dissolved. Stir in lukewarm milk mixture, egg and 1⅓ cups of flour. Beat until smooth. Stir in enough additional flour to make a soft dough. Turn dough out onto lightly floured board and knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Punch dough down. Turn out onto lightly floured board. Mix together the raisins, currants and chopped citron; knead into dough until well distributed. Shape into a loaf and place in a greased 9x5 x3-inch loaf pan. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Bake in moderate oven (375°) about 30 minutes, or until done. If desired frost.

## BESCHUIT (Rusk)

Edna (Poppen) Hemmen  
Aplington, Iowa

2 cups warm water  
 $\frac{2}{3}$  cup sugar  
 $\frac{1}{2}$  cup lard

2 pkgs. yeast  
1 tsp. salt  
flour to make a soft dough

Dissolve yeast in warm water. Add sugar, lard and salt. Mix in flour to make a soft dough. Let rise one hour. Put into tall fruit juice cans and let rise until  $\frac{3}{4}$  full. Bake at 375°. Let set over night. Next morning slice and dry in the oven.

(This is my Great Aunt's recipe: Mrs. Henry Siefken, Holland, Iowa.)

## HOLLAND LACE COOKIES

Bertha Vander Linden  
Prairie City, Iowa

1 lb. brown sugar  
 $\frac{1}{2}$  cup butter or 1 stick oleo  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{2}$  tsp. nutmeg

1 cup flour  
 $\frac{1}{2}$  cup water  
 $\frac{1}{2}$  cup almond nuts, shredded  
(optional)

Drop 1 tsp. sized drops on an oiled cookie sheet or teflon pan about 2 to 3 inches apart. Bake at 375° for 6 minutes or until the cookies are a light brown. The batter will bubble and boil and spread to 3 to 4 inch wafers. Cool slightly before lifting off lightly with a thin spatula. Place on wax-paper to cool.

## "JAN HAGEL" COOKIES (No. 1)

Mrs. Henry J. Vermeer

John Hagel (Johnny Buck Shot) is a historical cookie. John Hagel was a mercenary soldier (hired) and this cookie looks like it is covered with buck shot.

1 cup shortening  
1 cup sugar  
2 cups flour

1 egg  
 $\frac{1}{2}$  tsp. cinnamon  
almond flavoring (optional)

Cream shortening and sugar. Add egg yolk and mix. Sift flour and cinnamon and add to shortening and sugar and mix. Pat mixture down thin in cookie sheet. Brush with unbeaten egg white and sprinkle with chopped nuts. Bake  $\frac{1}{2}$  hour in 300° oven. Cut into bars while still warm.

## JAN HAGEL (No. 2)

Janna Van Vliet

1 cup butter  
2 cups sugar  
1 egg yolk

2 cups flour  
pinch of soda  
 $\frac{1}{4}$  tsp. salt

Mix and press on a greased cookie sheet. Slightly beat 1 egg white and spread over dough and sprinkle with cinnamon and sugar. Bake 350° for 20-25 minutes. Cut while warm.



**BOTER KOEKJES**  
(Dutch butter cookies)

Martha Lautenbach

1 cup softened butter	¼ cup water
1 cup sugar	¼ tsp. soda
2 cups flour	1 tsp. vanilla

Cream the softened butter, blend in 1 cup sugar, and add the flour. Add vanilla and soda to the ¼ cup water, pour over first mixture and stir with spoon until the sides of the bowl are clean. Form into a roll on waxed paper. Chill in refrigerator. When thoroughly chilled and firm, slice with sharp, thinbladed knife into thin slices; place on buttered cookie sheet and bake in 350° oven until lightly browned. Cool slightly and remove with spatula. A few cookies may be baked at one time and the remainder of the dough stored in the refrigerator.

**KRAKELINGEN**  
(Butter cookies in shape of 8)

Shirely Weller

1 lb. oleo (butter)	½ cup water
4 cups flour	sugar

Mix as pie dough. Cover and let stand in refrigerator overnight. Roll like pencil, bring ends together, and twist like figure 8. Dip both sides in sugar and bake until brown on bottom at 375°.

**DUTCH LETTERS**  
(Recipe used for Christmas City Bazaar)

Dottie De Vries  
Jackie Voss

**Dough:**

Mix 1 lb. butter or oleo and 4 cups flour. Stir in 1 cup water and mix well. Chill overnight or longer.

**Filling:**

1 lb. almond paste	3 eggs
2 cups sugar	1 tsp. vanilla

Beat almond paste with electric mixer until smooth. Add sugar, eggs and vanilla. Mix well and chill.

When ready to bake, divide dough and filling into 14 equal parts. Roll 1 section of dough into a 14 x 4 inch strip. Then take a section of filling and spread it down the center of dough strip. Lap one side of dough over the filling, then the other side and pinch the ends shut. Place on greased cookie sheet with seams on bottom. Brush tops with beaten egg whites and sprinkle sugar on top and prick with fork every 2 inches for steam to escape. Bake at 400° for 30 minutes.

## ALMOND STRIPS (No. 2)

Mrs. J.B. Van Hemert

1½ cups flour  
½ cup shortening  
¼ tsp. salt  
enough water to make a  
dough

1½ cups sugar  
2 egg yolks  
3 Tbsp. flour  
4 Tbsp. milk  
3 tsp. almond flav.

Mix the 1½ cups flour, shortening, salt and water for pie crust. Line 9 x 9 inch pan with one-half of crust and put in following filling. Mix together the sugar, yolks, flour, milk and flavoring. Cover with crust and bake. Cut in strips.

## ST. NICOLAAS KOEKJES (Dutch Santa Claus Cookies)

Mrs. H.P. Scholte  
Mrs. Lenore Hettinga

2 cups brown sugar  
1½ cups butter  
3½ cups flour  
1 tsp. cinnamon  
½ tsp. nutmeg

½ tsp. cloves  
1 tsp. baking powder  
1 egg, beaten  
1 scant tsp. salt

Cream butter and sugar and add remaining ingredients. This makes a very stiff dough. Mold cookies on a Santa Claus Cookie board or form into a roll as for refrigerator cookies and slice when thoroughly chilled. Bake 10-12 minutes at 350°.

## ICE BOX ST. NICK COOKIES

Millie Vande Kieft

¾ cup white sugar  
¾ cup brown sugar  
½ cup Crisco  
½ cup margarine  
1 egg  
2 cups flour

1½ tsp. cinnamon  
½ tsp. nutmeg  
½ tsp. soda  
½ tsp. allspice  
½ tsp. cloves  
½ tsp. baking powder  
½ cup nutmeats

Cream shortening and sugar. Add beaten egg. Then add sifted dry ingredients and nutmeats. Shape into roll, wrap in waxed paper and chill overnight. Slice and bake at 350° about 10 minutes. This is a crisp cookie. Yield: 70 cookies.

## ALMOND COOKIES

Elsie Whalley

1 cup almond paste  
2 egg whites

2 cups confectioners' sugar

Mix fine in blender the almond paste and sugar. Then add the 2 stiffly beaten egg whites. Drop by teaspoon on a cookie sheet. Bake at 250-300° for 15 minutes.

## DUTCH COOKIES

Freda Kolenbrander

2 $\frac{2}{3}$  cups unsifted cake flour  
½ tsp. soda  
¼ tsp. salt  
1 tsp. cinnamon  
1 cup butter  
1 cup brown sugar

½ tsp. almond extract  
1 small egg, beaten  
1 tsp. cold water  
½ cup blanched almonds (chopped  
or slivered)  
⅓ cup coarse white sugar

Sift the dry ingredients together and knead in the butter and brown sugar. Add almond extract. Divide dough in half and press out very thin on two ungreased cookie sheets 15x10 inches. (Press right to edge of pan with sides or within ½ inch of edge on flat sheets.) Beat egg and add water. Brush over cookie dough. Sprinkle with almonds and sugar. Bake at 350° for 15 to 17 minutes. Cool 2 minutes, then cut into rectangular shapes, 2 x 3 inches. Makes about 4 dozen cookies. (The crispness and delicate spiciness improve on storing.)

## FILLED or "GEVULDE" SPECULAAS

Sari de Wit In'tveld  
Panningen, Holland

1¾ cups self-rising flour (200 gms) ½ tsp. allspice  
⅔ cup butter (150 gms) ½ tsp. cloves  
½ cup brown sugar (125 gms) ¾ tsp. vanilla  
½ tsp. cinnamon 1 egg  
½ tsp. nutmeg

Blend ingredients together and divide in two. Place half in greased baking pan (8 x 8). Place filling on this layer. Place remaining dough on top and bake at 350° for about 45 minutes.

### Filling:

⅓ lb. almond paste (150 gms) 1 Tbsp. grated lemon peel  
⅔ cup white sugar (150 gms) 1 egg

Mix well and place between layers.

## DUTCH APPEL KOEK (Dutch apple cake)

Mrs. L.J. Van der Myde  
St. Ansgar, Iowa

1 cup oil  
1½ cups sugar  
2 eggs, well beaten  
3 cups finely chopped apples  
½ cup chopped walnuts  
2½ cups flour

1 tsp. salt  
1 tsp. baking powder  
1 tsp. baking soda  
1 tsp. cinnamon  
½ tsp. nutmeg

Mix oil, sugar and well beaten eggs and chopped apples. Add flour with the five other ingredients and nuts. Pour into greased and floured 11 x 15 shallow pan, top with light sprinkling of brown sugar. Preheat oven to 350° and bake ½ hour. Do not overbake. Cake will stay moist if covered with foil after it has cooled.



**DUTCH APPEL KOEK**  
(Dutch apple cake)

Dorothy Bosch (from her mother)  
Dorothy Cook Julian

1 cup flour  
½ tsp. salt  
2 Tbsp. sugar  
1½ tsp. baking powder  
¼ cup shortening

⅓ cup milk  
1 egg  
4 cups sliced apples  
2 Tbsp. butter

Sift dry ingredients. Work in shortening. Stir in milk and egg. Spread in an 8 x 8 or equivalent pan. Cover with slices of cored, peeled apples. Sprinkle with topping. Dot with butter or drizzle with cream. Bake at 400° for 30 minutes. Serve warm with milk, cream or ice cream.

**Topping:**

1 cup sugar  
½ tsp. cinnamon

¼ tsp. nutmeg  
4 Tbsp. flour (optional)

Mix ingredients together.

**DUTCH APPLE CAKE**

Mina Baker

1 cup milk  
½ cup sugar  
1 tsp. salt  
½ cup (1 stick) butter  
¼ cup warm water (105°-115°)  
1 pkg. or cake yeast  
1 egg  
4 cups unsifted flour

6 cups (2 1-lb. 4-oz. cans) apple  
slices, drained  
1½ cups sugar  
1 cup unsifted flour  
4 tsp. cinnamon  
10 Tbsp. butter  
thin confectioners' sugar frosting

Scald milk; stir in ½ cup sugar, salt and ½ cup butter; cool to lukewarm. Measure warm water into large warm bowl. Sprinkle or crumble in yeast; stir until dissolved. Add lukewarm milk mixture, egg and 2 cups flour. Beat until smooth. Stir in remaining flour to make a stiff batter. Cover tightly. Refrigerate 2 hours, or up to 2 days.

Combine 1½ cups sugar, 1 cup flour, cinnamon and 10 Tbsp. butter to make the topping.

Divide dough in half. On a lightly floured board roll half of dough into a 12x9-inch rectangle. Place in a 13x9x2-inch greased baking pan. Arrange ½ of apple slices on dough. Sprinkle with ½ of topping mixture. Repeat with remaining half of dough, apples and topping. Cover; let rise in warm place, free from draft, about 45 minutes.

Bake in a moderate oven (375°) about 35 minutes, or until done. Drizzle with confectioners' sugar frosting.

## **FLENSJES (Pancake Cake)**

2¼ cups all-purpose flour

¼ tsp. salt

4 eggs

1½ cups milk

4 Tbsp. butter, melted

2 cups applesauce

Sift flour and salt together. Put flour and salt in a deep mixing bowl making a well in the center. Drop in the eggs; gradually incorporate the flour and eggs together until thoroughly combined. Add milk in a thin stream, stirring constantly.

Heat a heavy non-stick 8 inch skillet over moderate heat. Brush with 2 tsp. melted butter. Pour in about 2 Tbsp. of the batter, tipping pan from side to side to spread batter evenly over the entire pan surface. Cook until a rim of brown shows around edges, turn and cook the other side for a minute longer. Place pancake on serving platter that has a small saucer (6" diameter) in the center. Spread with applesauce. Continue cooking pancakes, adding butter to pan for each cooking, and layering with applesauce until all the batter is used (should be 8 or 9 layers). Slice into pie-shaped wedges and serve at once.

**Variation:** Replace applesauce with 1 cup of applesauce and 1 cup of cooked rhubarb.

## **KOEK or KUCHEN (Cake)**

**Pat Haats  
Waterloo, Iowa**

1 pkg. dry yeast

¼ cup warm water

½ cup sugar

1 tsp. salt

¾ cup milk

⅓ cup soft margarine

1 egg

3 cups flour

### **Filling:**

your favorite pie filling

### **Topping:**

¼ cup margarine

½ cup sugar

2 Tbsp. flour

1 scant cup milk

Dissolve yeast in warm water. Add sugar, salt, egg, milk, margarine and 1½ cups flour. Beat with beater. Add remaining 1½ cups flour by hand. Let rise 1 hour. Spread in 12 x 18 greased pan or cookie sheet. Spread with 1 can of your favorite pie filling and let rise 15 or 20 minutes. Bake at 400° for 25 minutes.

Cook topping ingredients over medium heat until thick. Drizzle over Koek right after it is taken out of the oven. Sprinkle cinnamon on the top.

## **SCHOENLAPPER'S TAART (Poor Man's Pudding)**

**4th Edition, 1948**

Line a buttered baking dish with buttered slices of stale bread. Slice apples on top. Sprinkle with ½ or ¾ cup sugar and 1 tsp. cinnamon. Add 1 cup water and bake in moderate oven until brown on top.

**JAN IN DE ZAK**  
(John in the Sack)

**Dutch creamed pudding**

1 cake compressed yeast  
¼ cup lukewarm water  
3 cups sifted flour  
½ cup each of raisins and  
currants (washed)

1 egg  
salt  
¾ cup milk, scalded and cooled  
to lukewarm  
chopped peel

Sprinkle yeast into lukewarm water and stir until dissolved. Place flour in bowl, add egg and milk, stir with wooden spoon until flour absorbs liquid. Then add fruit and salt and mix well. Add the yeast-water mixture and blend well with wooden spoon (dough will be sticky). Place dough in bowl, cover and let rise in a warm place for 45 minutes. Meanwhile sprinkle a clean, wet cloth with flour. Roll dough into an oblong and tie loosely into cloth, filling two thirds full. Firmly fasten ends, stick safety pin in the middle. Steam 2 or 3 hours. Remove from cloth and serve hot with a molasses sauce or with melted butter and brown sugar. Do not cut with a knife, but with a piece of string. "John in the sack" derives its odd name from the fact that it used to be made in a clean white pillow case instead of a mold.

**SUET PUDDING**

**Mrs. Viola Van Wyk**

1 cup suet, ground or cut up  
1 cup molasses  
1 cup sour cream  
1 cup raisins  
1 tsp. salt

1 tsp. soda  
1 tsp. allspice  
1 tsp. cinnamon  
3 to 3½ cups flour

Mix together suet, molasses, sour cream, raisins, salt, soda and spices. Add flour to make a stiff batter. Put in a mold (or 3 16-oz. tin cans). Cover with aluminum foil. Put 6 cups water in your pressure pan and put in the rack. Set mold on the rack. Cover with lid, but do not put on pressure gauge. Steam 2½ hrs. so a small stream of steam flows.

Eat with a **Hot Sauce:**

1 cup sugar  
2 cups water

1 cup butter  
½ tsp. vanilla

Thicken with 2 Tbsp. cornstarch. Make thin or medium sauce, whichever you prefer. Serve warm.



## DUTCH BREAD PUDDING

Mrs. Edwin (Luella) Mulder  
Holland, Michigan

- |   |                           |
|---|---------------------------|
| 1 (14 oz.) can sweetened condensed milk       | 3 eggs, beaten            |
| 3 cups hot water                              | $\frac{1}{2}$ cup raisins |
| 2 cups day-old bread, cut into cubes (packed) | 1 Tbsp. butter, melted    |
|   | $\frac{1}{2}$ tsp. salt   |
|   | 1 tsp. vanilla            |

Combine milk, water and bread; cool slightly. Add remaining ingredients. Put mixture in a  $1\frac{1}{2}$  or 2 quart casserole, place casserole in pan of water and bake at  $350^{\circ}$  about 1 hour or until firm.

Serve with Almond Sauce:

- |                          |                         |
|--------------------------|-------------------------|
| $\frac{1}{2}$ cup sugar  | 1 egg, lightly beaten   |
| $\frac{1}{2}$ cup water  | 1 tsp. almond flavoring |
| $\frac{1}{4}$ cup butter |                         |

Boil together sugar, water and butter until sugar is dissolved. Add a few spoons of sugar mixture to egg and then add the egg to the sugar mixture. Thicken with a little cornstarch and cook 2 to 3 minutes until thick. Add flavoring. Serve warm.

## DUTCH CHOCOLATE ICE CREAM

Strawtown Inn, Pella

- |   |                                      |
|---|--------------------------------------|
| 6 eggs  | 3 qts. half and half cream           |
| 3 cups sugar  | 1 cup Drostes Dutch Chocolate        |
| 1 Tbsp. vanilla   | Liquer or Cream de Cacao             |
| 3 Drostes Semi-Sweet candy bars or 4 sq. semi-sweet chocolate | 1 pkg. Chocolate Instant pudding mix |

Beat eggs with sugar for 10 minutes or until it forms a ribbon. Add vanilla, pudding mix and liquer. Melt chocolate bars in 1 quart of the cream, stirring well to blend. Cool. Add to egg mixture and pour into electric ice cream freezer can (or hand crank). Add remaining cream and stir well. Freeze according to manufacturer's instructions, using 6 parts ice to 2 parts salt. Don't skimp on the salt.

This is a large recipe to fill a 6 quart freezer. Delicious!

Variation: add 1 tsp. cinnamon instead of vanilla.

## "DUTCH" COFFEE

Mina Baker

In The Netherlands coffee is a little stronger brew than in the U.S.A. Dutch housewives are concerned that it be properly made and it is limited in quantity. For special occasions coffee will be served with whipped cream, sweetened and flavored with vanilla. If you want to make this special Dutch coffee, use the real whipping cream. Cool Whip, Dream or Lucky Whip will not work.

## **WATER CHOCOLATE**

**Taken from the 1901 Pella Cookbook**

2 squares Baker's chocolate

1 quart water

Boil hard for three minutes. Add:

1 rounded tsp. cornstarch, wet  
with cold water

$\frac{3}{4}$  cup sugar  
1 tsp. vanilla

Boil well and serve hot with whipped cream.





# Alkmaar Cheese Center



## International

Edited by Maxine Huffman





The cuisine of Pella cooks goes far beyond that of traditional Dutch and American Midwestern types. Because of the international aspects of Central College students, staff and alumni with their interests in and visits to Central's campuses in Mexico, England, Wales, France, Austria and Spain, there is a constant influx of new recipes to be tried in Pella kitchens. Pella itself has been hospitable to new Southeast Asian citizens, making for an increasing interest in Oriental cooking. We hope that you will enjoy our new section of international recipes and perhaps even share some of yours with us for future editions.

*Mexican (Yucatecan)*

**SOPA DE LIMA**

**(Chicken-lime Soup)**

**Emily Camp**

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1 or 2 chicken breasts            | 1 can mild green chilies |
| 1 small can tomatoes (or 4 fresh) | tortilla chips           |
| 1 onion, chopped or thinly sliced | salt and pepper to taste |
| 1 fresh lime                      |                          |

With about 1 quart of water, simmer chicken to make a nice broth. Remove and skin breast meat and slice into thin strips. In saucepan saute onion and tomatoes and some of the chilies to taste. Add broth and simmer with juice of one lime (1 to 2 Tbsp. of bottled juice) for about 20 minutes. Just before serving, add a small handful of tortilla chips. Serve with additional chips and slices of lime. Serves 4.

*Spanish*

**GAZPACHO LA SEVILLA**

**Betsy Farver  
Shirely Weller**

- |                               |                              |
|-------------------------------|------------------------------|
| 1 medium green pepper, minced | 1 tsp. instant minced garlic |
| 1 small onion, minced         | 1 Tbsp. olive oil            |
| 1 cucumber, peeled and minced | 1 Tbsp. chopped chives       |
| 2 Tbsp. diced green chilies   | 2 drops tabasco              |
| 1 Tbsp. Worcestershire        | salt, white pepper           |
| 1 tsp. seasoned salt          | 1 (46 oz.) can tomato juice  |

Combine all ingredients. Put in blender or food processor in two batches and blend until desired smoothness. Correct seasonings. Serve cold garnished with lemon slices. 6 to 8 servings.



*Brazilian*

**Black Bean Soup**

**Maxine Huffman**

2 cups dried black beans  
¼ cup margarine  
2 celery ribs, chopped  
2 medium onions, chopped  
1 Tbsp. all-purpose flour  
¼ cup chopped parsley  
½ lb. bacon or ham, diced

2 bay leaves  
1½ tsp. salt  
¼ tsp. pepper  
½ cup red wine  
2 Tbsp. vinegar  
chopped hard-boiled eggs

Pick over and wash the beans. Cover them with water and soak overnight. Drain the beans and add 8 cups of cold water, cover and simmer for 2 hours.

Melt the margarine in a heavy soup kettle. Add the celery and onions and saute until tender but not browned. Blend in the flour and cook the mixture, stirring, for one minute.

Add the parsley, the beans and cooking liquid, the bacon or ham, bay leaves, salt and pepper. Cover and simmer for 3 hours.

Put the soup through a sieve or puree in an electric blender. Add the wine and vinegar. Reheat the soup and serve topped with chopped eggs.

*German*

**GRIESSKNÖDEL**

**Jan Webber**

**(Cream of Wheat Soup)**

Soup is very often served at the beginning of the main meal of the day in Germany. Broth is very common, and griess (Cream of Wheat or Farina) is used in this recipe to make a form of noodle.

Mix together:

3 Tbsp. Cream of Wheat  
1 Tbsp. oil

1 egg  
pinch of salt

Let stand until the mixture becomes very thick and hard, perhaps an hour. Add to clear meat broth (any kind is fine) as it slowly simmers. Use a wide pan so that the knödel have room to expand. Cook slowly for about 10 minutes. Add finely chopped parsley or chives just before serving.

*Norwegian*

**FRUIT SOUP or SWEET SOUP**

**Joyce Epperly  
Decorah, Iowa**

1 cup tapioca  
1 cup pitted prunes  
1 cup raisins

1 small can frozen grape juice  
1 cup sugar  
½ cup pitted plums

Soak tapioca 3 or 4 hours. Boil tapioca in 1 quart water. May have to add more water. Add sugar, fruit and juice. Boil until fruit is done. Add couple cinnamon sticks or ground cinnamon. Wild grape juice is very good, instead of the frozen grape juice. Makes about 1 gallon.



*Polish*

## **BORSCH WITH PIROSHKI**

**Julie Harris**

**Highland Park, Illinois**

4 lbs. shin of beef  
1 large marrowbone  
salt  
1 can (1 lb.) tomatoes, undrained  
1 medium onion, peeled, quartered  
1 stalk celery, cut up  
3 parsley sprigs  
10 whole black peppers  
2 bay leaves  
3 cups coarsely shredded cabbage  
(1 lb.)

### **Piroshki:**

1 pkg. (10 oz.) frozen patty shells  
2 Tbsp. butter or margarine  
¼ cup coarsely chopped onion  
3 Tbsp. sour cream

1½ cups thickly sliced, pared  
carrot (4 med.)  
1 cup chopped onion  
2 Tbsp. snipped, fresh dill or  
3 Tbsp. dried dillweed  
⅓ cup cider vinegar  
2 Tbsp. sugar  
1 can (1 lb.) julienne beets,  
undrained  
dairy sour cream  
snipped fresh dill or dillweed

1¼ cups coarsely chopped cooked  
beef  
½ tsp. dried dillweed  
½ tsp. salt, dash pepper  
1 egg yolk

### **Day Before:**

In 8-quart kettle, place beef, marrowbone, 1 Tbsp. salt and 2 qts. water. Bring to boiling; reduce heat; simmer, covered, 1 hour. Add tomatoes, quartered onion, celery, parsley, black peppers and bay leaves; simmer covered, 2 hours.

Remove from heat. Lift out beef. Discard marrowbone. Strain soup in colander. (There should be 9 or 10 cups.) Return soup and beef to kettle. Add cabbage, carrot, chopped onion, 2 Tbsp. dill, the vinegar, sugar and 1½ tsp. salt; bring to boiling.

Reduce heat; simmer, covered, 30 minutes, or until beef and vegetables are tender. Refrigerate overnight. Next day, skim off fat. Remove beef; cut into 1 inch cubes, coarsely chop 1¼ cups for piroshki; return rest to soup, along with beets. Makes 3½ quarts.

**Piroshki:** Remove patty shells from package. Let stand at room temperature 30 minutes to soften. Meanwhile, in hot butter in small skillet, saute onion 2 minutes. Add 3 Tbsp. sour cream, the chopped beef, dill, salt, pepper; mix well; reserve.

Preheat oven to 425°. On lightly floured pastry cloth, roll each patty shell to make oblong 8 x 5 inches; cut in half crosswise. Spread a rounded tablespoon of filling on half of each piece. Fold other half over filling; crimp edges to seal; cut slits in top.

Place on cookie sheet lined with heavy brown paper. Brush with egg yolk beaten with 1 Tbsp. water. Bake 15 minutes, or until puffed and golden. Makes 12. Meanwhile heat soup gently to boiling. Serve with sour cream, dill and the warm Piroshki.

*Iranian*

**ASH e RESHTEA**

(Thick soup - can be frozen)

**Mrs. Floyd Nagel**

6 Tbsp. oil  
3 onions, chopped  
salt and pepper  
1 tsp. turmeric  
½ cup diced peas  
½ cup dried white beans  
½ cup lentils  
½ cup kidney beans

2 lbs. spinach, chives, coriander  
and parsley, mixed  
2 lbs. noodles or spaghetti  
4 cups yogurt or lemon juice to  
taste (optional)  
1 lb. finely ground meat  
1 large garlic, chopped  
2 Tbsp. dried mint

Add 1 Tbsp. onion to 4 Tbsp. oil and stir until brown. Add salt, pepper, ½ tsp. turmeric, beans, peas and lentils. Cover with water and cook until tender. Add the spinach, etc., and let simmer 20 minutes, then add noodles. Stir gently so noodles will not be smashed. Remove from fire. Add yogurt if desired or place yogurt on table (or lemon juice) and let everyone add to taste. Fry meat in 2 Tbsp. of oil with 2 chopped onions and the garlic. Remove meat from oil and sprinkle it with dried mint and ½ tsp. turmeric. Pour the original mixture into a tureen and decorate with meat, onions, garlic, etc. "My favorite winter soup here — very nourishing, too."

*Brazil*

**ESCABECHE**

(Pickled Fish)

**Luiz Pegneau**

**Brazil**

2 medium-sized onions, thinly  
sliced  
1 garlic clove, chopped  
¼ cup vegetable oil  
2 lbs. fillets of white fish  
2 eggs, well beaten  
salt  
fine breadcrumbs

2 sweet red peppers, seeded and  
sliced  
1 clove  
1 bay leaf  
freshly ground black pepper  
¼ cup vinegar  
¼ cup water

In a large frying pan, fry the onions and garlic in the oil until the onion is tender. With a slotted spoon remove the onion and garlic and set aside.

Dip the fish fillets first into the beaten egg seasoned with salt, and then into the breadcrumbs. Fry the fish in the oil remaining in the pan, adding a little more if necessary. Arrange the fish in a deep glass dish, together with any oil from the pan.

Combine the onion and garlic in a small saucepan with the peppers, clove, bay leaf, black pepper to taste, the vinegar and the water.

Simmer gently for 5 minutes. Remove the pan from the heat and pour the mixture over the fish. Serve cold. Serves 8 as a first course.

*Costa Rican*

**BOCAS DE CAMARONES EN  
SALSA CHILI (Chili Shrimp Canapes)**

**Estela Castro Whitlatch  
Des Moines, Iowa**

1 lb. cooked, cleaned, medium  
shrimp

1 garlic clove, minced  
½ cup chili sauce

½ lb. bacon, thin sliced

Several hours ahead of serving time: add garlic to the chili sauce. Broil the bacon strips on one side only. Cut in half crosswise. Dip shrimp in chili sauce, wrap half a bacon strip, uncooked side outside, around each and fasten with toothpick. Refrigerate. Just before serving, broil shrimp till bacon is crisp.

*German*

**CHAMPIGNON SCHNITTE  
(Minced Mushroom Appetizers)**

**Don Huffman**

1 to 2 loaves sliced cocktail-size  
pumpknickel or rye bread

2 medium sized onions  
1 cup grated Parmesan cheese

1 lb. fresh mushrooms

2 Tbsp. butter

1 pkg. grated Swiss cheese (12 oz.)

bread crumbs

Clean mushrooms and dice. Clean and dice onions. Melt butter in large skillet; brown mushrooms and onion. Cook until onions are soft and mushroom pieces begin to turn brown. Remove from heat. Spread mixture on slices of bread, using approximately 1 Tbsp. per slice. Arrange in pan. Sprinkle grated Swiss cheese liberally over the slices. Put under broiler until cheese begins to melt. Remove from broiler. Sprinkle Parmesan cheese and bread crumbs liberally over the slices. Return to broiler briefly until cheese melts and bread crumbs turn brown. Remove from broiler and serve immediately.

*Swiss*

**Cheese Fondue**

**Christoph Graf  
Switzerland**

2 cups white wine  
¾ lb. grated cheese that melts  
well (can be a mixture of  
different types of cheese)  
1 onion, or garlic

pepper, paprika or other spices  
for cheese  
1 tsp. flour  
3 Tbsp. kirsch

First you rub the pan with garlic or onion. Then you pour the wine into the pan and boil it. Now you put the cheese, portion after portion, slowly into the wine while you move the liquids that are becoming thicker with a ladle. You should always move the ladle in the form of an eight (8). When all the cheese in the hot wine has melted, you sprinkle it with pepper, paprika and other spices. After you have tasted it, you should put in the flour, which has been dissolved in the kirsch. Yield: 4 servings.



*Japanese*  
**JINGISKAN**  
(Japanese Barbecued Meat)

**Kyoko Maruyama Burger**  
**Saitama-Ken, Japan**

**For the sauce:**

$\frac{1}{4}$  cup soy sauce  
1 Tbsp. vinegar

1 Tbsp. sake or wine  
1 Tbsp. sugar  
 $\frac{1}{2}$  grated onion

A small amount of each of the following:

finely chopped parsley  
grated celery

grated ginger  
grated garlic

**Main ingredients:** (in the amounts you wish to eat)

chopped green peppers  
Shitake, or any mushrooms  
boiled potatoes

boiled carrots  
cabbage  
very thinly sliced pork or beef

On a hot griddle placed in the middle of the table cook the main ingredients all together in a little oil. As they are cooked, each person takes what he wants and dips it in the sauce. (Each individual has his own small bowl of sauce.) As things are eaten, put more on the griddle and in this way everyone eats as more food continues to cook. Japanese barbecue style. (It's best to use chopsticks!)

*Chinese*  
**ORIENTAL BEEF WITH PEA PODS**

**Andrea Roorda**  
**Spokane, Washington**

2 lbs. flank steak, cut across the grain into  $\frac{1}{4}$ " thick slices  
4 Tbsp. sherry  
4 Tbsp. soy sauce  
2 Tbsp. cornstarch  
1 tsp. salt  
2 Tbsp. vegetable oil

$\frac{1}{4}$  tsp. ground ginger  
3 (6 oz.) pkgs. frozen Chinese pea pods  
1 (8 oz.) can sliced mushrooms, drained  
1 (6 oz.) can sliced water chestnuts, drained

Place sliced meat in shallow pan. Combine sherry, soy sauce, cornstarch and salt. Cover and marinate at room temperature for one hour. When ready to cook, pour oil in Wok or very large electric fry pan and add ginger. Preheat uncovered to 375°. Drain meat, reserving marinade. Place  $\frac{1}{2}$  of the meat in hot oil and stir-fry for 3 minutes or until browned. Push up the side and repeat with remaining meat. Add peas and stir-fry till completely thawed. Push up the side. Add mushrooms and stir-fry one minute. Push to the side. Add water chestnuts and stir-fry one minute. Pour reserved marinade over all ingredients and stir gently to combine ingredients. Reduce heat to "simmer" and simmer, covered 4 to 5 minutes until heated through. Serve immediately over hot steamed rice. Makes 6 to 8 servings.

### *Mexican*

#### **HOT TAMALES BAKE**

**Kimberley Huffman**

- 1 (14½ oz.) can tamales
- 2 Tbsp. all-purpose flour
- 1 tsp. chili powder
- ½ tsp. cumin
- ¼ tsp. salt

- ¼ tsp. garlic salt
- 3 beaten eggs
- 1 (16 oz.) can creamstyle corn
- ½ cup pitted ripe olives, halved
- ½ cup shredded Cheddar cheese

Drain tamales, reserving sauce. Remove wrappers and slice tamales crosswise; set aside in mixing bowl. Combine reserved tamale sauce, flour, chili powder, cumin, salt and garlic salt. Add eggs, corn, olives and sliced tamales. Turn into a 10x6x2" baking pan. Bake, uncovered, in 350° oven for 40 minutes or until set. Sprinkle with cheese. Return to oven to melt cheese, about 3 minutes. Cut in squares to serve. Makes 4 servings.

### *Iranian*

#### **KHORESHE QAYMEH** (Khoreshe = Stew)

**Mrs. Floyd Nagel**

- 4 Tbsp. cooking oil
- 1 large onion, chopped
- 1 lb. finely chopped beef (not hamburger)
- 1 Tbsp. dried yellow peas
- 8 large tomatoes

- 4 small dried lemons OR 2 Tbsp. lemon juice
- 1 tsp. salt
- ½ tsp. cinnamon
- ½ tsp. pepper
- 4 large potatoes, diced

Melt 2 Tbsp. of the fat (or oil) and add the chopped onion to it, stirring until light brown; then add meat and fry. Wash the dried peas and add them to the meat mixture, then the lemons, sliced tomatoes and seasoning. Cook over low heat til the meat and peas are tender, adding water if it becomes very thick. Melt rest of fat, and when very hot, add the diced potatoes and fry to golden brown. Twenty minutes before serving, add potatoes to meat mixture and serve hot with rice.

### *Ghana*

#### **GHANA STEW**

**Frederick Kumi**  
**Ghana**

- 2 lbs. beef stew meat, cubed
- 6 medium-size onions, sliced
- 4 fresh tomatoes, chopped
- 1 tsp. freshly ground black pepper
- 1½ tsp. salt
- 4 Tbsp. cooking oil
- 2 Tbsp. flour
- 1 tsp. grated nutmeg

Put meat in heavy stew pot. Sprinkle with salt. Add 1 sliced onion. Cover and cook over high heat for 10 minutes. Turn down heat and simmer for 1 hour. Put oil in frying pan and saute remaining onions until yellow. Remove meat cubes from stew pot. Add pepper and nutmeg to flour and roll cubes in the seasoned flour. Saute meat until brown. Put all ingredients into stew pot. Add tomatoes. Add water to cover. Simmer for 1 more hour.

*West African***GROUND NUT STEW****Eunice Kuyper**

2 lbs. ground beef  
1 onion, chopped fine  
¼ tsp. thyme  
¼ tsp. oregano  
¼ tsp. black pepper  
¼ tsp. cayenne pepper

1 large can tomato paste  
1 Tbsp. Worcestershire sauce  
½ cup catsup  
2 cups beef bouillon  
½ cup crunchy peanut butter  
cooked rice

Fry in a large skillet the ground beef and onion. Add the spices; tomato paste, Worcestershire sauce, catsup and bouillon. Simmer 30 minutes. Cook rice according to directions on the package. One half hour before serving stir the peanut butter into the meat mixture. Heat thoroughly and serve over rice with side dishes.

**Side Dishes:**

4 eggs, hard boiled and chopped  
4 oranges, peeled and cut up  
½ cantaloupe (or honeydew), diced  
2 to 3 bananas, cut up

1 green pepper, diced  
1 cucumber, diced  
1 fresh pineapple, diced  
1 cup whole peanuts  
grated coconut

*Iranian***ADAS PELO (Lentils, large amount)****Mrs. Floyd Nagel**

2 lbs. rice  
2 lbs. lamb or beef  
1 lb. lentils

1 cup seedless raisins  
½ cup dates  
1 cup oil

Soak the rice with salt overnight or no less than 2 hours. Wash and boil the meat until tender, adding water as needed. When tender, remove from the juice, cool, remove bone and cut meat into small pieces. Wash the lentils and cook in the meat juice, adding water as necessary. Cook until tender and all water is absorbed. Clean raisins and dates, which should be pitted and cut in two. Brown these in a small amount of the oil. Cook rice. Drain and rinse. Bring ½ cup of the oil to a boil in a pot and add ½ cup of water and bring to a boil again, then pour off for later use. (If desired, 1 Tbsp. of sugar can be added before bringing to a boil at this point.) Sprinkle a layer of rice over bottom of pot, then a layer of meat, next raisins, dates, lentils and, if desired, a bit of sugar. Keep adding in this way until all ingredients are used up. Cover and place over fire until pot becomes hot, then open and pour the oil and water mixture over the rice. Cover tightly (lid wrapped in towels to absorb moisture) and cook over a VERY slow fire for 45 minutes. Good with yogurt.



*Mexican*

## **TACO CASSEROLE**

**Maxine Huffman**

**Repeated from Seventh Edition**

2 lbs. hamburger  
1 to 2 large onions, chopped  
2 garlic cloves, diced  
1 large can tomato sauce  
1 cup tomato juice  
1 green chili, diced (optional)  
3 Tbsp. chili powder  
½ tsp. oregano

½ tsp. cumin  
1 large bag Tortilla chips  
2 cans red beans  
2 cups shredded lettuce  
2 diced tomatoes  
1 cup grated Cheddar cheese  
(optional)

Brown hamburger, 1 chopped onion and garlic; add tomato sauce, tomato juice, green chili and spices. Place a layer of Tortilla chips on bottom of large greased casserole. Cover with a layer of meat mixture and 1 can of beans. Repeat; end with a third layer of Tortilla chips. Bake, covered for 1 hour; uncover for last 10 to 15 minutes.

Cover top with a thick layer of lettuce, remaining onion, fresh tomato and grated cheese just before serving.

*Mexican*

## **CHILI ENCHILADAS**

**Marilyn Rendón**

**Merida, Yucatan, Mexico**

1 lb. ground beef  
½ cup onion, chopped  
1 can chili beans or pinto beans  
1 clove garlic, minced  
1 (15½ oz.) can tomatoes  
1 (8 oz.) can tomato sauce

2 to 3 tsp. chili powder  
½ tsp. salt  
½ tsp. basil  
1 lb. grated cheese  
12 corn tortillas

In skillet brown ground beef, onion and garlic. Drain off fat. Stir in tomato sauce, beans, tomatoes, chili powder, salt and basil; cover and simmer for about 30 minutes to 1 hour. The longer the cooking time the better the flavor.

After 1 hour, add 1 tortilla at a time and warm, turning in the chili mixture. Place on a plate and place grated cheese in center; then roll. After the desired number of tortillas has been rolled, cover with the chili mixture and top with grated cheese.

Serve immediately.

*Mexican*

**EASY ENCHILADAS**

**Evelyn Van Dusseldorp**

12 tortillas  
2 lbs. ground beef  
1 medium onion, chopped  
12 oz. cottage cheese  
6 oz. sour cream

1 cup mayonnaise  
2 cans enchilada sauce  
6 oz. shredded Cheddar cheese  
1 can dried chilies (optional)

Brown ground beef and onion, drain. Add cottage cheese, sour cream and mayonnaise; mix well. Spread meat mixture on tortillas and arrange in a 13x9-inch baking pan. Pour enchilada sauce (and dried chilies) over top. Sprinkle with Cheddar cheese. Bake at 350° for 30 to 40 minutes.

*Mexican*

**ENCHILADA CASSEROLE**

**Jackie Voss  
Ann Arbor, Michigan**

2 lbs. ground chuck  
1 medium onion  
1 pkg. frozen, chopped spinach  
(cooked and squeezed dry)  
1 lb. can stewed tomatoes  
salt and pepper to taste  
1 can cream of mushroom soup

1 can golden mushroom soup  
8 oz. sour cream  
½ tsp. garlic powder  
¼ cup milk  
2 cups grated longhorn cheese  
16 tortillas  
½ cup melted margarine

Brown ground beef with onion and drain off fat. Add spinach (cooked and squeezed), tomatoes, salt and pepper. In a separate container, combine 2 soups, sour cream, garlic powder and milk. Dip tortillas in melted margarine, scraping excess off. Put a layer in bottom of lasagna pan or other large oblong pan. Carefully spoon meat mixture on top of tortillas and sprinkle 1 cup of cheese on meat. Put remaining tortillas, dipped in margarine and scraped off, on top of meat layer. Spread mixture of soups on top, sprinkled with remaining cheese. Bake 40 to 45 minutes at 325°.

*French*

**MEAT LOAF**

**Alberta Wing**

**(From the American Church in Paris)**

2 lbs. ground beef (in France ask  
for macreuse)  
2 eggs  
4 slices of old bread soaked in  
water  
1 small can tomato paste

1 tsp. poultry seasoning  
1 tsp. powdered onion  
1 tsp. chopped parsley  
garlic  
2 Tbsp. mustard  
2 tsp. salt

Mix all together and form into a loaf. Bake at 350° for about one hour. Serve with sauce made from 1 can of cream of mushroom soup to which the juice from the loaf has been added.

*Swedish*

**KÖTTBUR (Swedish Meat Balls)**

**Arlene Van Zante**

1 cup bread crumbs, fine	½ tsp. brown sugar
1 lb. ground beef	¼ tsp. pepper
½ lb. ground pork	¼ tsp. allspice
½ cup mashed potatoes	¼ tsp. nutmeg
1 egg, beaten	⅛ tsp. cloves
1 tsp. salt	⅛ tsp. ginger
1 tsp. monosodium glutamate	3 Tbsp. butter

Lightly mix together beef, pork, mashed potatoes, egg with ½ cup of bread crumbs. Combine the spices, salt and sugar well. Add to the meat mixture. Mix well. Shape mixture into small balls (about 1" in diameter). Roll lightly in remaining bread crumbs. Heat in skillet over low heat but-ter, add the meatballs and brown on all sides. Shake pan frequently to brown evenly and to keep balls round. Cover and cook about 15 minutes, or until meat balls are thoroughly cooked. Makes approximately 3 dozen meat balls.

*Mexican*

**TACO PIE**

**Phyllis De Reus**

Two prepared pie crusts	8 oz. Cheddar cheese
2 lbs. hamburger	1 pkg. Fritos
16 oz. sour cream	1 pkg. Taco seasoning

Crush Fritos and cover bottom of both pie crusts with a thin layer. Brown meat, drain off grease. Add a small amount of water for moisture and add Taco seasoning.

Divide meat and place over crushed Fritos in pie shells. Top with sour cream and sprinkle cheese heavily over sour cream. Top off with crushed Fritos, placed lightly over cheese.

Bake at 350° 45 min. for 2 pies, 35 min. for 1 pie, 50 min. for 3 or more pies. Serve with lettuce and tomato salad.

*Mexican*

**PICADILLO DE ESPECIE**

**Aline Callaghan  
Merida, Yucatan, Mexico**

1 lb. ground pork or ground beef	2 onions
20 olives	pepper, cinnamon, cloves, garlic,
20 raisins	oregano
4 tomatoes	4 hard boiled eggs

Mix spices in small amount of vinegar. Mix meat well with spices. Put in pan to brown. When meat is drying from frying, add olives, raisins, tomatoes and onions. Let steam. Cut eggs in slices and mix together.

Serve in tortillas or over rice. If in tortillas, pour a little red sauce over it. Could also eat in a bun like a sloppy joe.



*Chinese*

**PEPPER STEAK WITH RICE**

**Jackie Voss**

**Ann Arbor, Michigan**

1 lb. sirloin steak cut in strips

1 Tbsp. paprika

2 Tbsp. margarine

2 cloves garlic, crushed

1½ cups beef broth

1 cup sliced green onions with tops

2 green peppers cut in strips

2 Tbsp. cornstarch

¼ cup each soy sauce and water

2 large fresh tomatoes cut in eighths

Pound steak into ¼" thickness. Sprinkle meat with paprika and allow to stand while preparing other ingredients. Brown meat in large skillet, add garlic and broth. Cover and simmer 30 minutes. Stir in onions and green pepper. Cover and cook 5 minutes more. Blend cornstarch and water and soy sauce. Stir into meat mixture and cook till clear. Add tomatoes and stir gently. Serve over beds of fluffy rice.

*German*

**GERMAN SAUERBRATEN**

**Lilo Ritter**

3 lbs. top round of beef

**Marinade:**

¼ cup vinegar

¼ cup water

1 cup red wine

½ cup chopped onion

½ cup chopped parsley

1 bay leaf

1 tsp. marjoram

1 tsp. thyme

5 pepper corns

1 whole allspice

Combine ingredients, bring to boil. Cool. Pour marinade over roast. Cover and store in a cool place for several days, turning meat once each day. Remove meat, drain. Strain and save marinade.

½ cup flour

2 Tbsp. shortening

¼ cup chopped onion

¼ cup sliced carrots

¼ cup dry red wine

2 tsp. salt

½ cup water

Coat the meat with ¼ cup of flour and sear in shortening. Add ¼ cup of onion, carrots, and cook for 10 minutes, stirring constantly. Pour marinade over meat. Cover and simmer for 3 hours. Remove meat and keep hot. Mix remaining ¼ cup of flour with ½ cup of water. Stir into sauce and cook until thickened. Add salt. Strain gravy, add wine, and serve over meat. Serves 6.

*Kenyan*

**BEEF AND RICE**

**Judith Ndombi  
Kenya**

- |                            |                                    |
|----------------------------|------------------------------------|
| 1 cup pitted ripe olives   | 2 tsp. salt                        |
| 1 lb. ground lean beef     | 2 or 3 tsp. chili powder           |
| 2 Tbsp. oil                | ¼ tsp. freshly ground black pepper |
| ½ cup chopped onion        | ½ tsp. Worcestershire sauce        |
| ¼ cup chopped green pepper | 2½ cups canned tomatoes            |
| 1 cup raw rice             | 1 cup water                        |

1. Preheat oven to moderate (325°).
2. Cut the olives into large pieces.
3. Brown the beef in the oil. Remove the meat from the pan and add the onion, green pepper and rice. Cook, stirring until browned.
4. Add the tomatoes, water, seasonings, meat and olives and bring to a boil. Pour into a two-quart casserole and cover. Bake for 45 minutes to one hour. 6 to 8 servings.

*Mexican*

**CHIMICHANGAS**

**Mert Tysseling**

- |  |                                      |
|--|--------------------------------------|
| 1½ lbs. beef chuck or round, cut into ½-inch pieces              | 1 clove garlic, minced               |
| 1½ lbs. boneless pork shoulder, cut into 2-in. chunks            | 2 Tbsp. flour                        |
| 4 cups water   | 2 tsp. salt                          |
| 2 Tbsp. lard or veg. shortening                                  | ½ tsp. ground cumin                  |
| 1 large onion, chopped (1 cup)                                   | 8 large Flour Tortillas (ready-made) |
| ¾ to 1 cup canned diced mild green chilies, about 2 (4-oz.) cans | vegetable oil for frying             |
|  | Green Chile Salsa (ready-made)       |

1. Heat beef, pork and water to boiling in a large kettle; lower heat; cover. Simmer until meat is fork tender, about 1½ hours. Drain meat and reserve 1 cup broth. Shred meat when cool enough to handle.

2. Heat lard in a large saucepan. Add onion, chilies and garlic; saute 1 min. Add flour, salt and cumin, shredded meat, cook until mixture is moist but quite thick. (Add more chilies if you like it hotter.) Keep mixture warm.

3. Heat 1 tortilla on a large griddle or very large skillet over low heat until soft and pliable. Spread about ¾ cup meat mixture over the lower third of the tortilla in a band about 4 inches and 1 inch wide. Work quickly so that tortilla does not get crisp. Fold the bottom edge of the tortilla up over filling to cover it almost completely. Then fold the two sides in towards the center of the filling and start rolling the filling into a cylinder. Repeat until all are shaped.

4. Heat ½ inch oil in a large skillet until very hot. Saute two chimichangas at a time in hot oil until golden, turning with 2 broad spatulas. Drain on paper toweling; keep warm while cooking remainder. Serve with Green Chile Salsa. Garnish with shredded lettuce and avocado slices. Makes 8 servings.

*German***GOULASCH UND SPÄTZLE****Goulash and Noodles****Jan Webber****Goulash:**

1 or 2 large onions

1½ lbs. pork or beef, cubed  
paprika

Finely slice the onion. The smaller the slices, the better the goulash. Slice your raw meat also rather fine. Brown gently the meat and onion in a small amount of oil, stirring often. Continue cooking for ½ hour or more, adding a small amount of water to keep the mixture moist, and covered. At the end of the cooking time, add as much paprika as you like (¼ tsp. or more). The Eastern Europeans add a hefty amount of paprika, while the Germans are more cautious. Serve over spätzle.

**Spätzle:**

2¼ cups flour

pinch of salt

4 eggs

½ cup water

Prepare dough out of flour, eggs, salt and water. With a wooden spoon stir the dough until it has air pockets. Using 2 tablespoons, pinch off a spoonful of dough at a time and place gently into boiling salt water, being careful that the spätzle do not break. Cook until they have swelled and are tender. You may rinse them with cold water quickly after you have removed them with a slotted spoon. They will be a chewy kind of noodle.

*Sicilian***SICILIAN MEAT ROLL****Lila Turnbull**

2 beaten eggs

¾ cup soft bread crumbs

½ cup tomato juice

2 Tbsp. snipped parsley

½ tsp. dried crushed oregano

¼ tsp. salt

¼ tsp. pepper

1 small clove garlic

2 lbs. lean ground beef

8 thin slices boiled ham

6 oz. (1½ cups) shredded

Mozzarella cheese

3 slices Mozzarella cheese, halved  
diagonally

Combine eggs, bread crumbs, tomato juice, parsley, oregano, salt, pepper and garlic. Stir in ground beef, mixing well on foil or waxed paper. Pat meat into 12x10-inch rectangle. Arrange ham slices on top of meat, leaving a small margin around edges. Sprinkle shredded cheese over ham. Starting at short end, carefully roll up meat, using foil to lift. Seal edges and ends. Place roll, seam side down in 9x13 pan. Bake in 350° oven for 1 hour and 15 minutes or till done. (Center of meat roll will be pink due to ham.) Place cheese wedges over top of roll. Return to oven 5 minutes or till cheese melts. Serves 8.



*English*  
**VEAL AND HAM PIE**

**Grace Moore  
Perry, Iowa**

2 lbs. veal	salt and pepper
¼ lb. cooked ham	stock or water
2 hard-boiled eggs	rough puff pastry
1 tsp. parsley, finely chopped	

Cut the veal and ham into neat pieces. Put a layer of veal and a layer of ham into a shallow pie dish. Season each layer with salt and pepper and sprinkle with parsley (or parsley flakes). Put the sliced hard-boiled eggs among the pieces of meat. When the dish is full, pour over the meat about 1 cup stock or water. Cover with paste, brush over with beaten egg to glaze and bake in a moderate oven for about 1½ hours. Serve hot or cold.

<b>Rough puff pastry:</b>	1¼ cups butter
2 cups flour	water to make a stiff dough

Sift flour. Make a stiff dough with the flour and water. Turn onto a floured board and roll out in a strip. Place butter on strip and fold dough over it. Roll out. Repeat three times. Paste should be chilled in refrigerator after last rolling before being used.

*Yugoslavia*  
**GREEN PEPPER STEW**

**Maxine Huffman**

8 slices bacon, chopped	½ tsp. salt
1½ cups chopped onion	black pepper to taste
2 minced garlic cloves	1 cup rice
4 cups water	3 medium-sized green peppers, seeded and cut into 2" strips
1 cup sliced carrots	1½ cups beef stock
¼ cup red wine vinegar	additional salt to taste
2 lbs. beef chuck stew meat	

In a skillet cook bacon until slightly crisp. Remove with slotted spoon, set aside. Pour off all but a little of the bacon fat. Add the onions and cook until slightly translucent, stirring occasionally. Add garlic and carrots; cook for about 6 minutes longer.

Return bacon to skillet, stir in water and vinegar; add beef cubes, salt and black pepper. Reduce heat and simmer, covered, for about an hour, or until beef is almost tender. Gradually stir in the rice and add the sliced peppers and 1 cup of the beef stock. Bring the liquid to a boil, then reduce heat to low, cover and simmer for 20 minutes, or until the rice is tender but not mushy. Taste for seasoning. If rice becomes too dry or sticks to bottom of pan, add remaining beef stock.

This is usually served as a main dish, accompanied by a mixed green salad. Serves 4 to 6.

*English***ENGLISH BREAKFAST****Susan Miller**

- |                        |                |
|------------------------|----------------|
| 4 strips bacon         | 2 eggs         |
| 2 pork sausages        | 2 slices toast |
| 16 oz. can baked beans |                |

Cut bacon and sausages in 1 inch pieces and fry gently in pan until brown. Put beans in pan, stir and cook until heated through. Make two hollows in bean mixture. Break egg into each hollow. Cover pan with lid and cook gently until eggs are firm. Serve on buttered toast.

*Mexican***HUEVOS MOTULENOS****Susan Miller****(Eggs Motul-Style)**

- |  |                                     |
|--|-------------------------------------|
| 2 cups refried beans                   | 1 (10 oz.) pkg. frozen peas         |
| 1 (8 oz.) can tomatoes, finely chopped | 1½ cups chopped ham                 |
| 2 Tbsp. finely chopped onion           | 8 (6-inch) corn tortillas           |
| ½ tsp. salt                            | 8 eggs                              |
| ⅛ tsp. cayenne                         | ½ cup shredded Monterey Jack cheese |

Combine undrained tomatoes, onion, salt and cayenne. Set aside. Cook peas; drain. Toss with ham; cover and keep warm. Heat refried beans; keep warm. Heat ¼-inch cooking oil in heavy skillet. Fry tortillas 20 to 40 seconds per side or until crisp and golden. Drain on paper towel. Spread about ⅓ cup bean mixture on each tortilla; keep warm in 300° oven. In same oil fry eggs until set. Season with salt and pepper. Place one atop each bean-covered tortilla. Sprinkle each with about ½ cup of the ham mixture. Spoon some tomato sauce on top. Sprinkle with cheese. Makes 8 servings.

*English***TOAD IN THE HOLE****Susan Miller**

- 1 lb. pork sausages

**Batter:**

- |             |             |
|-------------|-------------|
| 1 cup flour | 1 egg       |
| 1 cup milk  | ¼ tsp. salt |

Arrange sausages in a baking dish. Bake for about 10 minutes in at 425° oven until partly cooked and at least 1 Tbsp. of fat has cooked out. Mix batter; beat thoroughly. Pour over sausages in hot dish. Bake 30 minutes until well risen and crisp. Serve with tomato sauce.

*Chinese*

**PORK CHOPS ORIENTAL**

**Terrie Shirley**  
**San Antonio, Texas**

2 Tbsp. shortening (or salad oil)  
4 large shoulder pork chops  
½ tsp. salt  
dash of pepper  
¼ cup honey

½ cup chicken consomme  
¼ cup soy sauce  
2 Tbsp. catsup  
dash of ground ginger  
½ clove crushed garlic

Melt shortening in skillet. Season chops with salt and pepper and fry until nicely browned. Mix remaining ingredients. Pour over chops, cover and cook over a low heat for 1 to 1½ hours. Serves 4.

*Mexican*

**MEXICAN BARBECUED SPARERIBS**

**Jose Zapata**  
**Merida, Yucatan, Mexico**

1 (14 oz.) bottle catsup  
¼ cup water  
2 tsp. dry mustard  
½ tsp. chili powder  
1 tsp. celery salt  
½ tsp. ground cumin  
¼ tsp. ground cloves

2 Tbsp. brown sugar  
¼ cup vinegar  
¼ tsp. Tabasco sauce  
2 Tbsp. Worcestershire sauce  
1 Tbsp. grated onion  
6 lbs. spareribs

Combine first 12 ingredients to make sauce. Beat thoroughly. Cover spareribs with sauce and marinate in refrigerator for 24 hours. Drain ribs; bake uncovered at 300° for 1 hour; drain off fat. Grill outdoors, using marinade to baste during cooking. Turn ribs often to cook evenly. Yield: 6 servings.

*Vietnamese*

**VIETNAMESE EGG ROLLS**

**Elaine Jaarsma**

4 cups transparent noodles  
(cellophane noodles), cooked  
3 lbs. ground pork, unseasoned  
2 cups bean sprouts, chopped; or  
shredded cabbage  
2 cups green onions, finely  
chopped

1 Tbsp. salt  
1 bunch Chinese parsley (optional)  
1 tsp. fish sauce  
3 cloves garlic, minced  
5 eggs, well beaten  
2 pkgs. egg roll skins

Mix all the ingredients together. Then take 2 heaping tablespoons of meat at a time and form into long rolls. In a skillet put enough oil or shortening to have ½" deep. Fry the meat rolls until nearly done. Remove from the pan and drain on paper toweling. Then wrap each roll in an egg roll skin. Clean the skillet and put at least an inch of oil in it. Fry until the egg rolls are crispy, golden brown. Drain on toweling. May be refrigerated and reheated in the oven for later use. Makes 60.



### *Chinese*

#### **NOODLES CANTONESE**

**Dorothy Bosch**

½ lb. lean pork, slivered  
1 Tbsp. fat  
½ cup water  
salt and pepper, to taste  
2 cups cooked noodles

1 cup diagonally-sliced celery  
1 cup French-style green beans  
1½ Tbsp. chopped onion  
2 Tbsp. soy sauce  
mushrooms (soaked dried)  
(optional)

Brown pork in fat; add water and seasonings. Cook 10 to 15 minutes. Add remaining ingredients and cook for 5 minutes. (May use thin spaghetti instead of noodles.)

### *Korean*

#### **KOREAN MIXED VEGETABLES**

**Mrs. Walter J. (Johanna) Heyenga**  
**Cedar Falls, Iowa**

1 lb. pork sausage  
1 large onion, sliced  
3 stalks celery  
1 small head cabbage  
2 to 3 carrots, sliced  
1 quart tomatoes

leftover vegetables  
½ tsp. salt  
½ tsp. chili powder  
¼ cup brown sugar  
½ tsp. soy sauce

Brown pork sausage and onion. Add celery cut in 1 in. lengths, cabbage cut in wedges and carrots. Let simmer for 20 min. Then add tomatoes and leftover vegetables you might have in the refrigerator (cooked or fresh). Season with salt, chili powder, brown sugar and soy sauce. Let simmer at least 1 hour, stirring occasionally. Serve with rice and season with additional soy sauce.

### *Mexican*

#### **PORK SAUTEED IN COKE**

**Patricia Vargas**  
**Merida, Yucatan, Mexico**

½ kg. or 1.1023 lbs. of pork  
1 coke, medium size  
1 tsp. of pepper  
5 tomatoes  
2 sweet peppers  
1 onion

⅛ kg. or .2755 lbs. of shortening  
mustard  
butter  
salt  
vinegar

Cut the meat, tenderize it slightly, and coat the pieces of meat with salt, pepper and vinegar. Let the meat simmer for 15 minutes. Put the shortening in a large frying pan and when the pan is hot, fry the pieces of meat. Once they are ready, coat them with a little mustard and butter; then arrange them in a skillet.

Prepare a fried mixture of tomatoes, onion and sweet peppers. Spread this mixture and the coke over the meat and let it simmer over low heat until meat is tender.

*Belgium*

**ETSAPUT**

**Belgian "Hodgepodge"**

**Denise Vande Walle**

**Iowa City, Iowa**

1 ham bone  
6 cups diced ham  
1 stalk celery  
2 bunches carrots

2 or 3 medium sized onions  
8 medium sized potatoes  
1 large head cabbage

Place bone and ham in large kettle. Cover with water. Add chopped onions and diced celery. Simmer for several hours. Add sliced carrots, diced potatoes and chopped cabbage to broth. Cook 1 hour. Remove ham bone. Let simmer until vegetables are tender. Season to taste. (Longer cooking time will improve flavor.)

*Danish*

**SKOVUS KOLELETT A LA JUTLANDIA**

**(Smoked Pork Jutlandia)**

**Pamela Simmons**

**North Liberty, Iowa**

4 smoked pork chops  
flour  
2 Tbsp. butter  
1 cup mushrooms, sauteed

1 1/3 cups Hollandaise sauce  
paprika  
1/2 cup Parmesan cheese

Pound smoked chops, dip both sides in flour, omitting any salt or pepper. Fry lightly in butter. Remove from skillet. Saute mushrooms in skillet; and more butter if necessary. Arrange meat on broiler pan. Place mushrooms on top of meat, pour over each chop, 1/3 cup Hollandaise sauce. Sprinkle 2 Tbsp. Parmesan cheese over each chop, dust with paprika and broil to a golden brown. Serves 4.

*Mexican*

**QUESADILLAS**

**(Cheese Turnovers) Mexico**

**Susan Miller**

Monterey Jack cheese, shredded  
flour tortillas  
cooking oil

**Optional additions:**  
chopped green chili peppers  
refried beans  
cooked sausage

In a lightly greased hot skillet, warm the tortilla a few seconds on each side to make it more pliable. Then put some shredded cheese (and any other desired ingredient) on half of tortilla and fold over. Grill about 2 minutes per side or until lightly browned and cheese is melted. Can be cooked in more oil for a crispier quesadilla. Large tortillas can be cut in quarters or wedges for appetizers.

*French.*

## **CROQUE MONSIEUR**

**Alberta Wing**

### **Hot ham and cheese sandwiches**

For each person, take 2 slices of sandwich bread and butter both sides. On one piece of bread place a slice of ham, spread it with a bit of mustard, add a slice of Swiss cheese and top with the second slice of bread. Place the sandwich in a skillet and weight it with a saucer. Fry both sides over low heat. Cheese should be quite "thready" at serving. Serve hot.

(These are bought on the sidewalks of Paris.)

*Welsh*

## **CAWS-WEDI-POBI (Welsh Rarebit)**

**Nancy Cannon**

½ lb. cheese	2 tsp. flour
1 tsp. butter	4 Tbsp. milk or beer
2 tsp. Worcestershire sauce	4 slices toast
1 tsp. dry mustard	salt and pepper

Toast the bread. Grate the cheese into a saucepan and heat gently until it melts. Add the other ingredients and mix well. Spread over the toast and return to the grill until brown.

Instead of pre-cooking the cheese mixture, the grated cheese and seasonings can be mixed with enough milk to give a spreadable mixture and piled on the toast and then heated under the grill. Garnish with parsley and serve at once. Serves 4.

*Italian*

## **RIGATONNI**

**Dorothy Vander Leest**

1 pkg. Rigattonni noodles	1 cup shredded Mozzarella cheese
1 can mushroom pieces	sauce
1 cup shredded Cheddar cheese	Parmesan cheese

Boil noodles and drain. Make sauce. Layer noodles, sauce, mushrooms, Cheddar cheese and Mozzarella cheese. Bake in low oven (300°) for at least one hour. Serve with grated Parmesan cheese.

### **Sauce:**

1 large can tomato paste	1 tsp. garlic powder
1 lb. ground beef	¼ tsp. oregano
¼ cup chopped onion	2 cups water

Combine and simmer for at least one hour.



*French*

**CRAB QUICHE**

**Lynn Cook Ryan**

1 deep dish pie crust  
4 eggs  
2 cups half and half  
1 tsp. salt

$\frac{1}{8}$  tsp. cayenne red pepper  
1 can crabmeat, drained  
 $1\frac{1}{2}$  cups shredded Swiss or  
Mozarella cheese

Heat oven to 425°. Beat eggs until blended. Stir in cream, salt and pepper. Pat crabmeat dry with paper towel. Sprinkle crab and cheese in crust. Pour egg mixture over it. Bake 15 minutes. Reduce temperature to 300°. Bake 30 minutes or until knife comes out clean. Allow to "set" 10 minutes before cutting.

*French*

**QUICHE LORRAINE**

**Dorothy Cook Julian**

**9½" Quiche (Microwave Oven)**

1 precooked pie shell  
9 slices bacon  
 $1\frac{1}{2}$  cups Swiss cheese  
 $\frac{1}{2}$  cup green onions, thinly  
sliced

12 oz. can evaporated milk  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{4}$  tsp. nutmeg  
dash cayenne pepper  
4 eggs, beaten

Cook bacon until crisp. Crumble into saucepan. Sprinkle bacon, cheese and onions over pie shell. Heat evaporated milk in measuring cup for 3 minutes. Mix salt, pepper, nutmeg into beaten eggs. Pour hot milk into egg mixture, blending well. Pour into pie shell. Cook on high 7-8 minutes until center appears hardly set. Allow to stand 5 minutes before cutting.

**Tip:** Precook frozen pie shell in Quiche dish on high for 5-6 minutes. Paint crust with egg yolk mixed with 1 Tbsp. water and prick crust all over.

*Mexican*

**CHILES RELLENOS CASSEROLE**

**Lisa Mills Grubb**

**Colorado Springs, Colorado**

**Mary Steenhoek, Phoenix, Arizona**

1 med. (4-6 oz.) can whole green  
chilies (rinse out seeds)  
 $\frac{1}{2}$  lb. Swiss or Jack cheese, grated  
 $\frac{1}{4}$  to  $\frac{1}{2}$  lb. Cheddar cheese, grated  
3 eggs, beaten well

1 large can evaporated milk  
(10-12 oz.)  
3 Tbsp. flour  
1 medium can chile salsa  
(6 oz.) approx.

Grease well, the bottom of a bread loaf pan. Layer  $\frac{1}{2}$  the chilies,  $\frac{1}{2}$  the cheeses. Repeat layers using all the chilies, Jack and Cheddar cheese. Beat the eggs with the evaporated milk and flour. Pour over the layers. Bake for 45 min. at 350°. Remove loaf pan and spread salsa over the top, spread evenly. Return to oven for 10-12 minutes more. Slice to serve. Garnish slices with dollop of sour cream and sprinkle paprika.

*Mexican*

**CHILES RELLENOS**

**Fernando Rosas**  
**Merida, Yucatan, Mexico**

¼ lb. Monterey Jack or process  
Swiss cheese, cut into strips  
2 cans (4 oz.) green chilies,  
drained

3 eggs, separated  
3 Tbsp. flour  
salad oil or shortening for  
deep-frying

**Sauce:**

1 can (1 lb.) stewed tomatoes  
2 Tbsp. finely chopped onions  
1 chicken-bouillon cube  
½ tsp. salt

¼ tsp. dried oregano leaves  
dash pepper  
¼ cup grated sharp Cheddar  
cheese

1. Insert a strip of cheese in each chile.
2. In medium bowl, beat egg whites until they form soft peaks. In small bowl, beat egg yolks slightly. Gently fold just until blended.
3. Roll the cheese-stuffed chilies in flour. With large, slotted spoon, dip chilies in batter, coating generously.
4. In electric skillet or heavy saucepan, slowly heat 1 to 1½ inches of salad oil to 400° on deep-frying thermometer. Gently place the coated chilies in hot oil, 2 at a time, and fry until golden, on both sides, 3 to 4 minutes.
5. Preheat oven to 350°.
6. Make sauce: In medium saucepan, combine tomatoes, onion, bouillon cube, salt, oregano and pepper; simmer, stirring sauce occasionally, 10 minutes.
7. Place chilies in a shallow baking dish. Spoon sauce over top. Sprinkle with Cheddar cheese.
8. Bake uncovered, 20 minutes or until heated through and cheese is melted. Makes 6 servings.

*Mexican*

**CHILI-CHEESE BAKE**

**Diane Iverson**

1 can (7 oz.) whole green chilies  
½ lb. Cheddar cheese

½ lb. Brick or Jack cheese  
8 eggs

Preheat oven to 350°. Grate cheeses and mix together in bowl. Put half of the cheese in buttered casserole dish; split the chilies and lay on top of cheese; add remainder of cheese. Mix the eggs in blender for 15 seconds and pour over cheese. (No seasonings needed — the chili and cheese season the eggs.) Bake for 30 min. or until set. Cut in squares to serve.

This is a good main dish served with buttered, warm flour tortillas and a tossed green salad.

*Mexican*

**QUESO RELLENO**  
**Stuffed Cheese**

**Mrs. Fernando Rosas Senior**  
**Merida, Yucatan, Mexico**

**Aline Callaghan, Merida, Yucatan, Mexico**

1 Edam cheese (4 lbs.)  
1½ lbs. lean pork  
3 cloves garlic, mashed  
1 tsp. oregano  
½ tsp. salt  
4 hard-cooked eggs  
2 Tbsp. oil  
1 small onion, minced  
½ small green pepper, minced  
2 large tomatoes, peeled, pureed  
in blender  
12 green olives, pitted and chopped

1 Tbsp. each: capers, raisins  
1 fresh jalapeno chili, seeded  
and minced  
1 Tbsp. red wine vinegar  
10 peppercorns  
2 whole cloves  
salt to taste  
oil  
pinch saffron (optional)  
2 Tbsp. flour  
16 to 20 warm corn tortillas

Peel wax off cheese and cut a ½-inch slice off top to serve as a lid so the cheese can be hollowed out. With a knife and spoon, remove the insides of the cheese, leaving a ½-inch shell all around and on the bottom (save cheese that is removed for other uses). Set cheese shell aside.

Cut meat into ½-inch cubes and put into a pot with 3 cups water, garlic, oregano and salt. Simmer, covered, ½ hour or until tender. Meanwhile, peel eggs. Keep yolks whole and set aside. Chop whites and set aside.

When the meat is almost tender, heat oil in a frying pan and saute onion and pepper until softened. Add one-half of the tomato puree, olives, capers, raisins, chili, chopped egg whites and vinegar. Grind peppercorns and cloves in spice grinder or mortar; add to mixture in frying pan. Simmer 3 to 4 minutes. Remove cooked meat from broth. Finely chop meat and put into frying pan; heat through and salt to taste. Spoon some of this mixture into the hollowed cheese and then set in whole egg yolks. Fill with remaining mixture; set the lid on top. Wrap in large piece of cheesecloth and tie securely. Place in a steamer above water and steam over medium heat about 15 minutes or until cheese softens and begins to spread.

Meanwhile, reheat reserved broth with remaining tomato puree; add saffron. Remove ½ cup broth mixture; mix in blender with flour and return to pot. Stir until gravy thickens slightly. Remove stuffed cheese from cheesecloth and transfer to serving platter. Pour gravy over cheese and serve. Use spoons to scoop cheese and filling into warmed corn tortillas.

8 to 10 servings.



### *Mexican*

## **ENCHILADAS DE ACAPULCO** **(Acapulco Enchiladas)**

**Susan Miller**

- |   |                                       |
|---|---------------------------------------|
| 2 cups diced cooked chicken or turkey       | 12 corn tortillas                     |
| ½ cup chopped ripe olives                   | salad oil for frying tortillas        |
| 1 cup slivered or coarsely chopped almonds  | 1½ cups shredded sharp Cheddar cheese |
| 3 cups Enchilada or Mexican Red Chile sauce | 2 cups sour cream                     |
|   | 4 Tbsp. minced green onions           |

Combine chicken, olives, almonds and enough of the sauce to moisten (about ⅓ cup) for filling. Fry tortillas in oil and dip into heated sauce. Place some of the chicken mixture down the center of each tortilla. Roll and place flap side down in a shallow ungreased baking dish. Top with remaining sauce and sprinkle with cheese. Bake uncovered in a 350° oven for 15 to 20 minutes or until heated through. Mix sour cream with onions and serve cold as a sauce.

### *Chinese*

## **MUSHROOMS AND CHICKEN LO MEIN**

**Mert Tysseling**

- |   |                                       |
|---|---------------------------------------|
| 2 whole chicken breasts (skinned and boned or 1 lb. boneless) | 4 pkg. chicken flavored Ramen noodles |
| ½ small head bok choy or ½ lb. Swiss chard                    | 2 Tbsp. cornstarch                    |
| ¼ lb. snow peas or 1 (7 oz.) frozen snow peas, thawed         | 2 cups water or chicken broth         |
| ½ cup oil (maybe a little bit more)                           | ½ cup sliced water chestnuts          |
|   | 1 Tbsp. soy sauce                     |
|   | 2 (4½ oz.) cans mushrooms, drained    |

1. Cut chicken into thin slices. Cut white part of bok choy or chard stalks into diagonal slices and the green tops into 1" lengths. (Keep these in separate bowls.) Remove strings from fresh pea pods.

2. Heat large skillet or wok over high heat. Add oil, heat 30 seconds. Add uncooked blocks of noodles and fry until brown on both sides. Remove to large bowl with slotted spoon leaving oil in pan. Sprinkle 2 seasoning packets from noodles over browned noodles; add boiling water to barely cover. Let stand while preparing sauce, tossing occasionally.

3. Combine cornstarch, water and remaining 2 seasoning packets in a 4-cup measurer. (If using chicken broth, omit packets.) Reheat pan. Add white part of bok choy and pea pods. Stir fry until just wilted. Remove with slotted spoon to medium-sized bowl. Add chicken to pan; stir fry until brown. Add water chestnuts and green leaves. Stir-fry 15 seconds.

4. Restir cornstarch mixture, pour into pan; bring to boiling. Return vegetables to pan; add soy sauce and mushrooms. Drain noodles, add sauce. Toss and serve. Serves 4.

*Italian*

**CHICKEN CACCIATORE**  
(Hunter's Style)

**Lisa Mills Grubb**  
Colorado Springs, Colorado

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 3 Tbsp. oil (olive preferably)    | 1 (15 oz.) can tomato sauce      |
| 4 lb. fryer, cut up               | 1 (11 oz.) tomato paste          |
| 1-2 onions, chopped               | 1 tsp. poultry seasoning         |
| 1 bell pepper, chopped (optional) | 1-2 tsp. Italian herbs: oregano, |
| 2 cans mushroom pieces, or fresh  | rosemary, marjoram, basil, thyme |
| sliced (1-2 cups approx.)         | 2 chicken bouillon cubes         |
| ½ cup parsley, chopped fine       | 1 cup dry wine (red preferably)  |
| 2 cloves garlic, minced           | 4-5 cups warm water              |
| 1 (15 oz.) can tomatoes, cut up   | salt and pepper                  |

Saute chicken in oil till brown, remove bird from pot; add onion, pepper, parsley and mushrooms to same pot. (Drain canned mushrooms, save liquid for sauce.) When vegetables are limp, add garlic — don't brown. Add canned tomato products, spices, bouillons, wine and water. Simmer uncovered at least one full hour. An hour before the meal, add the chicken to the pot and simmer uncovered. (Sauce may need to be thinned with more water.) Cook pasta (spaghetti is typically used). Serve Chicken Cacciatore, spaghetti and lots of Parmesan cheese all over it. Add crusty bread, green salad and robust vino.

*Mexican*

**CHICKEN SALAD**

**Jorge Laguna G.**  
Merida, Yucatan, Mexico

- |                             |                               |
|-----------------------------|-------------------------------|
| 1 (4 or 5 lb.) hen          | 1 large can of peas (1 pkg.)  |
| 6 lbs. of potatoes          | mayonnaise to suite the taste |
| 1 lb. of celery, chopped up | ¼ tsp. hot sauce              |
| ½ cup of olives, chopped up | ⅓ cup French dressing         |
| ½ tsp. of white pepper      | garlic salt                   |

Clean and steam cook the hen. When cooked, remove the skin and separate the meat from the bones, cut it up into small cubes. Bake the potatoes (but not too long), cut them into small cubes. When cool, mix together the potatoes, hen, celery and olives and season with garlic salt, pepper, hot sauce, French dressing and mayonnaise. You can add more mayonnaise. Garnish with parsley, peppers and stuffed olives. Add salt to taste.

**Note:** The chicken can be replaced by shrimp or lobster. These should not be cooked too long and no water needs to be added when boiled in a pot with steam. Also, you have to cook them over a slow, moderate flame. We recommend that you clean the condiments when they are raw so they will keep their flavor and be more delicious.

*Costa Rican*

**ARROZ CON POLLO**

(Chicken with Rice)

**Estela Castro Whitlatch**

**Des Moines, Iowa**

- |  |   |
|--|---|
| 1 chicken, cut into serving pieces,<br>and seasoned to taste with<br>salt and pepper | 4 tsp. saffron                            |
| 3 Tbsp. olive oil  | 1 pkg. frozen peas                        |
| 1 clove garlic   | 1 small can white asparagus<br>(optional) |
| 1 cup rice   | 1 small jar pimientos cut into<br>strips  |
| 2 cups chicken broth   | 1 tsp. salt                               |

Brown seasoned chicken in olive oil in a deep heavy pot. Add garlic clove. Cook for a few minutes. Discard garlic. Add rice. Brown slightly. Add chicken broth, saffron, 1 tsp. salt and peas. Bring to a boil, cover tightly. Reduce heat to low. Simmer until all liquid has been absorbed and chicken is tender.

Just before serving, heat asparagus. Heap rice in center of platter; arrange chicken around rice; garnish with strips of asparagus and pimiento.

*Mexican*

**CHICKEN MOLE**

**Pedro Gongora**

**Merida, Yucatan, Mexico**

- |                                   |  |
|-----------------------------------|--|
| butter or margarine               | dash of pepper                         |
| 2 - 2½ lbs. boiler-fryers, cut up | ¼ tsp. whole coriander                 |
| salt                              | 1 sq. unsweetened chocolate,<br>grated |
| 1½ cups canned chicken broth      | ⅓ cup ground almonds                   |
| 1 green pepper, seeded            | 1 to 1½ Tbsp. chili powder             |
| ¾ tsp. anise seeds                | 3 large tomatoes, peeled               |
| 3 cloves garlic, peeled           | 4 cups hot cooked rice                 |
| dash powdered cloves              | 2 whole pimientos, quartered           |
| ⅛ tsp. powdered cinnamon          |  |

1. In ¼ cup hot butter, in large skillet, brown chicken well on all sides, a few pieces at a time; add more butter as needed. Remove browned chicken to 3-qt. earthenware or oven-glass casserole; sprinkle pieces with salt. Start heating oven to 375°.

2. In electric blender, combine 1 tsp. salt, ½ cup chicken broth, green pepper, anise seeds, garlic, cloves, tomatoes, cinnamon, pepper, coriander; blend until they make well combined sauce.

3. In skillet in which chicken was browned, combine sauce with 1 cup chicken broth, chocolate, chili powder and almonds; simmer, stirring, 10 minutes; pour over chicken. Bake, covered, about 1½ hours. Serve along with rice tossed with pimientos. Makes 6 to 8 servings.



*Mexican*

**CHICKEN DIABLA DON JULIO NINO**

**Julie Harris**  
**Highland Park, Illinois**

- |                                   |                        |
|-----------------------------------|------------------------|
| 1 broiler - fryer (3 lbs.) cut up | ¼ cup prepared mustard |
| ½ stick butter or oleo            | 1 tsp. salt            |
| ½ cup honey                       | 1 tsp. curry powder    |

Wash chicken, pat dry. Melt butter in shallow baking pan. Stir in remaining ingredients. Roll chicken in butter mixture to coat both sides; then arrange meaty side up in single layer in same pan. Bake 375° for 1 hour or until chicken is tender and richly glazed.

*Indian*

**BIRIANI (Curried Chicken)**

**Freda Kolenbrander**

- |                      |                           |
|----------------------|---------------------------|
| 1 chicken, cut-up    | 2 onions, cut up          |
| 1½ Tbsp. curry       | oil for frying            |
| 1 tsp. salt          | 1 cup rice, uncooked      |
| 1 tsp. pepper        | 2 cups water, boiling     |
| ½ tsp. dry mustard   | 2-3 tomatoes, quartered   |
| 2 tsp. garlic powder | 1 cup peas (cooked)       |
| 1 tsp. ginger        | ⅓ cup sour cream          |
| ½ stick cinnamon     | peanuts or cashews        |
| 7 cloves             | lemon juice, small amount |

Rub chicken with curry powder, rubbing in well. Saute onions, add chicken and brown lightly. Add one cup of water and spices; simmer about ½ hour. Add the 2 cups boiling water, rice and tomatoes. Cover and cook until chicken and rice are done (about 30 minutes). Add peas, sour cream, nuts and lemon juice. Heat through but do not boil.

*China*

**CHINESE CHICKEN**

**Terrie Shirley**  
**San Antonio, Texas**

- |                             |                      |
|-----------------------------|----------------------|
| 6 chicken breasts           | 3 cups chicken broth |
| ¼ cup butter                | ¼ cup soy sauce      |
| 1 cup diced water chestnuts | 2½ tsp. salt         |
| 1 cup bamboo shoots         | 1 tsp. sugar         |
| 2 cups diced celery         | 1 tsp. pepper        |
| 2 cups cut green beans      |                      |

Skin and slice chicken. Saute in large pan. Add water chestnuts, bamboo shoots, celery and green beans. Pour chicken broth over mixture. Add soy sauce and seasonings. Cover and steam 5 minutes. Blend 2 Tbsp. cornstarch with small amount of water. Add to chicken and cook until broth is thick and transparent. Add 1 cup slivered almonds. Serve over cooked rice.

### *Armenian*

## **ARMENIAN BROILED CHICKEN**

**Rod Camp**

- |                            |                          |
|----------------------------|--------------------------|
| 3 to 4 lbs. chicken pieces | 2 garlic cloves, crushed |
| 6 Tbsp. olive oil          | 1 to 2 tsp. oregano      |
| 6 Tbsp. lemon juice        | salt and pepper to taste |

Mix ingredients in bowl or plastic bag. Add chicken and coat well. Cover and marinate at room temperature for 2 hours (or all afternoon in refrigerator) turning pieces occasionally.

Remove chicken pieces and broil about 4" from heat 20-25 minutes. Serve with rice and tossed green salad.

### *Italian*

## **MASTACCIOLA SUPREME**

**Josephine De Jong**

- |  |   |
|--|---|
| 2 cans (6½ oz.) chunk tuna (light, in water) | ¼ tsp. salt                                   |
| 4 eggs, lightly beaten                       | ¼ tsp. white pepper                           |
| 2 cups small curd cottage cheese             | ¼ tsp. ground nutmeg                          |
| 2 cups shredded cheese                       | 1 pkg. (12 oz.) Mastaccioli Macaroni (cooked) |
| ⅓ cup slivered green onions, including tops  | ⅓ cup grated Parmesan cheese                  |
| ¾ cup dairy sour cream                       | paprika and parsley flakes                    |

Drain tuna; combine with eggs, cottage cheese, grated cheese, onion, sour cream, salt, pepper and nutmeg. Stir in macaroni and turn. Pour into buttered 13 x 9 pan or casserole. Sprinkle with Parmesan cheese, paprika and parsley flakes. Cover dish with foil and bake at 350° for 45 minutes. 8 servings.

### *Spanish*

## **TORTILLA ESPANOLA (Spanish Potato Omelet)**

**Rebecca Collins**

- |                                       |                     |
|---------------------------------------|---------------------|
| 4 medium potatoes, peeled and chopped | olive oil           |
| ½ onion, chopped fine                 | 8 eggs              |
|                                       | water, as necessary |

Cut the potatoes and onions into very small pieces, so they will cook thoroughly. Fry in olive oil. Scramble the eggs and add a little water if desired. When the potatoes and onions are done, pour the eggs over them. Cover frying pan immediately. When done, remove from pan in one piece: this can be done by putting a plate over the frying pan and then flipping over.

This is a very common dish in Spain, either hot or cold. It is also eaten as a sandwich and referred to as a "bocadillo de tortilla española," literally, a mouthful of Spanish omelet. My friends and I became very fond of it when we were studying in Spain and worked together to recreate the recipe in America.

*Iranian*

**COOKOO TABRIZI**

(Vegetable omelet — very good)

**Mrs. Floyd Nagel**

1 lb. chives

1 small head lettuce

10 eggs

1 tsp. salt

4 Tbsp. flour

2 Tbsp. dried bread crumbs

½ cup chopped walnuts

1 Tbsp. currants

½ cup butter

Clean and wash greens and put in a cloth to dry, then chop them very fine and put in a large bowl. Beat the eggs in another bowl until frothy, then add them to the greens. Add flour, bread crumbs, walnuts and currants. Mix well. Brown the butter, and add to egg mixture. Bake in a slow oven until set and delicately browned. This may be served as a first course or a main dish. (Good cold and leftover also.) Can be done on slow heat in electric frypan also.

*Mexican*

**TACOS DE ZANAHORIA**

(Carrot Tacos)

**Aline Callaghan**  
**Merida, Yucatan, Mexico**

bacon, cut in small pieces

carrots, shredded

onion, diced in small pieces

garlic

tomatoes, cut up

chili powder, small amount

salt

pinch of vinegar

pepper

taco sauce

sour cream

Cheddar cheese

Brown bacon. Add carrots, onion, garlic, tomatoes, chili powder, salt, vinegar and pepper. Cook — it won't take long.

Warm tortillas. Put a couple of tablespoons of carrot mixture on tortillas, roll it up. Top with taco sauce, small amount of sour cream and shredded Cheddar cheese.

*Italian*

**NOODLES ALFREDO**

**Kay and Paul Butler-Nalin**  
**Palo Alto, California**

**Alfredo sauce:**

½ cup cream

1 cup Parmesan cheese

½ cup butter

dash nutmeg (optional)

2 Tbsp. chopped parsley (garnish)

Warm cream slowly in saucepan; do not allow to boil. Add Parmesan cheese, ¼ cup at a time. Stir until smooth after each addition. Cut butter into tablespoon sizes and drop one by one into sauce, stirring to blend. Sauce should be smooth and creamy when ready. Remove from heat. (Add nutmeg here, if desired.) Pour Alfredo sauce over a pound of cooked fettucini (or other favorite pasta). Toss to coat noodles. Sprinkle parsley over noodles and serve.



*Mexican*  
**NO MEAT ENCHILADAS**

**Suzanne Sikkink**  
**Corpus Christi, Texas**

8 to 12 corn tortillas

**Sauce:**

3 Tbsp. vegetable oil  
1½ tsp. chili powder  
1½ tsp. flour  
1½ cups water

1 tsp. vinegar  
½ tsp. garlic powder  
½ tsp. onion powder  
½ tsp. salt  
¼ tsp. leaf oregano, crumbled

**Filling:**

1 lb. can refried beans  
¼ lb. Jack or Cheddar cheese,  
shredded

½ cup cottage cheese  
1 onion chopped  
½ cup chopped black olives

1. Heat oil, chili powder and flour in a small sauce pan to make a paste. Add water gradually to make sauce. Add vinegar, garlic powder, onion powder, salt and oregano. Bring to a boil, then lower heat and simmer uncovered for 3 minutes.

2. Dip tortillas in hot oil 3-4 seconds to soften. Drain on a paper towel.

3. To assemble, place 1 Tbsp. each refried beans, shredded cheese, cottage cheese, onion and olives down center of tortilla. Roll up. Place seam side down in shallow baking dish (9x13x2). Pour sauce over enchiladas, sprinkle with remaining cheese. Bake 350° 20 minutes.

*Chinese*  
**FRIED RICE**

**Shari Van Rees**

½ cup grated raw carrot  
¼ cup onion, finely chopped  
3 - 4 slices bacon, diced

1 - 2 eggs, well beaten  
2 - 3 cups cooked rice  
salt and pepper to taste

Saute the carrots and onion in oil or margarine until tender. Remove from frying pan. Fry bacon until crisp. Add eggs to hot bacon and stir with fork as they fry, to crumble eggs.

Add rice (not soggy); continue frying and stirring with fork. Mix in carrot and onion. (Can also add cooked green peas or finely chopped green beans for color.) Salt and pepper to taste.

**Variation:** In place of bacon use leftover pork roast or bits of ham.

When serving fried rice with chicken, leave out bacon. Instead, add chopped green pepper and celery (sauteed with onion) and use poultry seasoning and salt for flavoring.

*Italian***PASTA SAUCES****Kay and Paul Butler-Nalin  
Palo Alto, California**

The cooking of Northern Italy is known for its light sauces. Here are two sauces for pasta — try one instead of spaghetti sauce.

**Pesto Sauce:**

(Note: fresh herbs are the key to this sauce and its variation. If you don't grow basil in your garden or if it isn't available in stores in your area, don't substitute dried herbs. Instead wait until you can get fresh parsley and make the variation below.)

¼ cup olive oil	1 - 2 cloves garlic
¼ cup butter	1 cup fresh basil
2 - 3 Tbsp. Parmesan cheese	1 - 2 Tbsp. fresh parsley

In blender or food processor, combine olive oil and garlic. Blend until garlic is finely chopped. Chop all herbs, add them to blender and blend again. Add cheese and blend again. Cut up butter and blend slowly until mixture is smooth. Pour pesto sauce over a pound of cooled fettucini or linguini; toss until noodles are coated and serve at once.

**Parsley Pesto Sauce:**

¼ cup olive oil	1 cup fresh parsley
1 - 2 cloves of garlic	1 tsp. dried marjoram
2 - 3 Tbsp. Parmesan cheese	¼ cup butter

Prepare as above.

*Italian***EGGPLANT PARMIGIANA****Janine Smith Fish  
Des Moines, Iowa**

1 large eggplant	2 Tbsp. water
⅔ cup cornmeal	1 can tomato soup
⅓ cup flour	½ tsp. basil
1 tsp. salt	dash of hot pepper sauce
dash of pepper	a few slices Mozzarella cheese
1 egg	½ cup grated Parmesan cheese

Peel eggplant and slice into rounds ⅓ inch thick. Combine cornmeal, flour, salt and pepper in shallow dish. Combine egg and water. Dip each eggplant round into egg, then coat with cornmeal mixture. Fry in margarine in fry pan until golden, turning only once.

Stir basil and hot pepper sauce into condensed tomato soup. Layer fried eggplant alternately with cheeses and sauce in oiled 1½-quart casserole, ending with cheese and sauce. Bake at 350° about 20 minutes, until bubbly.

*Norwegian*  
**POTATO LEFSE**

**Joyce Epperly**  
Decorah, Iowa

3 cups mashed potatoes	1 tsp. salt
3 Tbsp. Mazola oil	1 cup flour
1 tsp. sugar	

Mix all this real well. This makes 7 large or 9 small lefse. Bake on lefse grill. Let your potatoes cool some before mixing this together.

*Mexican*  
**FRIJOLES REFRITOS (Refried beans)**

**Susan Miller**

1 lb. dried pinto or black beans	1 clove garlic, crushed
5 cups water	salt to taste
1 or 2 medium onions, diced (optional)	½ to 1 cup hot bacon drippings, butter or lard

Put beans, water and onion in a 3-quart covered pan and bring to boiling. Simmer 2 to 3 hours until beans are very tender. Do not drain. Mash beans, add drippings or lard, garlic and salt. Cook, uncovered, over medium heat about 10 minutes until thick, stirring often.

*Yucatan, Mexico*  
**BUDIN DE ZANAHORIA**  
(Carrot Pudding)

**Susan Miller**

1 cup milk	¾ cup butter (¾ stick)
approximately ⅓ loaf French bread	2 tsp. vanilla
2 lbs. carrots	1 cup sugar
3 eggs	1 Tbsp. flour
	raisins (optional)

Crumble bread and soak in milk. Peel, slice and cook carrots until tender. Drain; add to bread mixture. Add remaining ingredients, except raisins and puree in blender. Add raisins. Pour into greased ring mold or baking dish. Bake at 350° 60 to 70 minutes until firm. Serve warm or cold. Can be vegetable dish or dessert.

*England*  
**BUBBLE AND SQUEAK**

**Susan Miller**

2 - 3 cooked potatoes	1 Tbsp. bacon fat or oil
cold cooked cabbage	

Dice potatoes and mix with cooked cabbage. Heat fat; cook vegetable mixture gently, turning several times. Add extra fat if necessary. When thoroughly heated, leave undisturbed until base has browned. Turn out on hot plate. Serve with sausage or fried eggs.



This method of cooking spinach keeps it both green in color and sweet in flavor. Japanese dishes are not usually "hot off the stove" (if serving a particular dish hot is important, it is cooked on the table as one eats!), so this spinach is served at room temperature.

1 lb. spinach

1 tsp. salt

1. Wash and trim spinach; if leaves are large cut into 2 or 3 pieces.
2. Bring large pan of salted water to boil and add spinach. Allow the water to come to a boil again and cook for 2-3 minutes more.
3. Drain the spinach in a large strainer and immediately dunk the strainer of hot spinach into a pan of cold water.
4. Submerge the spinach briefly, then allow to drain thoroughly.

Serve as is, dressed with melted butter and lemon, or with one of these two Japanese nut dressings:

**Sesame Dressing:**

4 Tbsp. white sesame seeds

1 tsp. sugar

3 Tbsp. soy sauce

2 Tbsp. water

1. Heat the sesame seeds in a dry frying pan for 2 - 3 minutes until they begin to turn brown and jump, stirring constantly.
2. Blend in blender (or grind in mortar) until pasty.
3. Add soy sauce, sugar and water and blend until smooth.

**Peanut Dressing:**

¼ cup peanuts

1 tsp. sugar

3½ Tbsp. soy sauce

2½ Tbsp. water

1. Heat the peanuts in a dry frying pan for 5-7 minutes, stirring constantly to prevent burning.

Repeat steps 2 and 3 above.

*Mexican*

**CALABACITAS IN ENSALADA**

**Squash combination**

**Aline Callaghan  
Merida, Yucatan, Mexico**

1 lb. squash (mild such as  
zucchini

2 tomatoes, cut

1 Tbsp. finely cup up onion

2½ Tbsp. oil

2 Tbsp. vinegar

oregano and salt to taste

pinch of soda

cheese

Cook squash in boiling water with salt and soda. When cooked, remove, rinse and cool. Cut in strips. Add onion, oil, oregano, vinegar and tomatoes. Mix carefully so it doesn't break. On top cut small cubes of cheese.

*Japanese*

## **JAPANESE BOILED RICE**

**Michi Naito**  
**Tokyo, Japan**

1 cup of Japanese rice

1¼ cups of water

Put rice in a large bowl and wash under running water until the water runs clear. Put the rice in a heavy pan. Add water. Cover the pan tightly and bring it to a boil over high heat. Just as the water is on the point of boiling over, reduce the heat to very low and leave the rice to simmer for 15 minutes or until the bubbling sounds have subsided.

Without removing the lid, turn the heat up for a few seconds, then remove the pan from the heat and leave the rice to steam in its own vapor for about 15 minutes. For 2 or 3 people.

*French*

## **CAROTTES VINAIGRETTE**

**Alberta Wing**

Shred as many raw carrots as you need. Just before serving, moisten them thoroughly with vinaigrette sauce.

Vinaigrette is the traditional French dressing; 1 part wine vinegar (or half vinegar and half lemon juice) to 3 parts oil (a good salad oil), ⅛ tsp. salt and a dash of pepper.

*French*

## **SALADE NICOISE**

**Alberta Wing**

**(From the Mediterranean region of France)**

(All quantities are approximate.)

3 cans of green beans (or frozen  
and cooked)

tomatoes, peeled and quartered

1 cup vinaigrette

lettuce leaves

4 cups cold French potato salad

tuna chunks, drained

½ cup pitted black olives

hard boiled eggs, peeled and  
quartered for garnish

anchovy filets

Season beans, tomatoes and lettuce with vinaigrette. Arrange lettuce on chop plate or in salad bowl. Place potato salad in the center. Decorate salad with remaining ingredients. Sprinkle with herbs and serve.

**Vinaigrette:**

Mix thoroughly: ¼ cup oil, ¾ cup wine vinegar, ⅛ tsp. salt.

**French Potato Salad:**

Steam 3-4 cups of diced potatoes about 10-15 minutes. Place in bowl and pour over them 4 Tbsp. dry, white wine. Toss gently and let potatoes absorb the liquid. Make a dressing of 2 Tbsp. wine vinegar, 1 tsp. prepared mustard, ¼ tsp. salt and 6 Tbsp. olive oil. Pour dressing over the potatoes and toss gently.

*Japanese***CUCUMBER SALAD WITH  
SPICY DRESSING****Katsuhiko Yoneda  
Japan**

2 medium cucumbers  
1 tsp. soy sauce  
1 Tbsp. white vinegar  
1 Tbsp. sugar

2 tsp. sesame-seed oil  
¼ tsp. tabasco  
½ tsp. salt

Peel the cucumbers and cut them lengthwise in two. With a small spoon, scrape the seeds out of each half, leaving hollow boatlike shells. Cut the cucumbers crosswise into ¼-inch slices. In a small glass or porcelain bowl, combine the soy sauce, vinegar, sugar, sesame-seed oil, tabasco, and salt, and mix well. Add the cucumber. With a large spoon, toss to coat each slice thoroughly with dressing. Chill slightly before serving. As a separate salad, this will serve 3 or 4. As a cold side dish at a Chinese meal, it will serve 4 to 6.

*Korean***KOREAN SALAD****Jim Huffman**

1 lb. fresh spinach  
2 eggs, hardboiled  
5 strips bacon

French dressing  
1 cup bean sprouts  
1 small can water chestnuts,  
sliced thin

Wash spinach, drain and dry. Cut spinach in bite-size pieces; chill. Fry bacon until crisp; crumble. Reserve bacon fat. Peel and chop hardboiled eggs. Rinse bean sprouts; drain. Put spinach in bowl and pour very hot bacon grease over to wilt spinach. Add eggs, sprouts, water chestnuts and bacon. Toss lightly with just enough French dressing to coat all. Serve immediately.

*Finland***SIENISALATTII****Maxine Huffman****Fresh Mushroom Salad**

½ lb. fresh mushrooms, sliced  
thin  
1 cup water  
1 Tbsp. lemon juice  
½ cup yogurt

2 Tbsp. grated onion  
pinch of sugar  
½ tsp. salt  
dash of pepper  
lettuce leaves

In an enamel, glass or stainless steel pan, bring the water and lemon juice to a boil. Add the sliced mushrooms and cover the pan. Reduce the heat and simmer gently for 3 minutes. Remove from heat, drain the mushrooms in a sieve, and pat dry with a paper towel. Combine the yogurt, grated onion, sugar, salt and pepper. Add the mushrooms and toss lightly in the dressing until they are well coated. Serve as a salad on crisp lettuce leaves. Serves 4.



*Iranian***AB-DUQ KHIAR****(Cucumbers in yogurt)****Mrs. Floyd Nagel**

3 cups yogurt  
 2 cucumbers  
 3 young green onions  
 2 sprigs mint  
 2 sprigs basil

2 sprigs summer savory  
 $\frac{1}{4}$  cup walnuts  
 $\frac{1}{2}$  cup raisins  
 $\frac{1}{2}$  tsp. salt

Beat yogurt til smooth. Chop cucumbers and greens fine and mix together. Clean walnuts and raisins and chop. Add all together and chill. This may be used as a summer salad or diluted and served as cold soup. By adding small bread cubes or crackers before serving, it also makes a good light lunch.

*Middle Eastern***TABOULCH (Bulger Wheat Salad)****Connie Jaarsma**

4 cups boiling water  
 $1\frac{1}{4}$  cups bulger (cracked) wheat  
 1 cup chick peas (garbanzos),  
     cooked and drained  
 $1\frac{1}{4}$  cups minced parsley  
 $\frac{3}{4}$  cup minced mint

$\frac{3}{4}$  cup minced scallions (or 1 onion  
     finely chopped)  
 3 tomatoes, chopped  
 $\frac{3}{4}$  cup lemon juice  
 $\frac{1}{3}$  cup olive oil  
 1 tsp. salt

Pour boiling water over wheat. Let stand for 2 hours or until wheat is fluffy. Drain well. Mix with remaining ingredients. Chill for at least 1 hour. Serve on lettuce. Serves 6 - 8.

*Costa Rica***MOUSSE DE AGUACATE****(Avocado Mousse)****Estela Castro Whitlatch**

1 large well-ripened avocado  
 1 small onion, grated  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  tsp. Worcestershire sauce  
 1 Tbsp. plain gelatin

$\frac{1}{4}$  cup cold water  
 $\frac{3}{4}$  cup boiling water  
 $\frac{1}{4}$  cup whipped cream  
 $\frac{1}{4}$  cup mayonnaise

Peel avocado, remove pit and cut in small pieces. Blend the avocado, onion, salt and Worcestershire sauce until very smooth. Soften gelatin in  $\frac{1}{4}$  cup of the cold water in a medium-size bowl. Add boiling water and cool. When gelatin mixture is the consistency of egg white, gradually fold in whipped cream, mayonnaise and the avocado mixture. Pour into mold rinsed with cold water. Refrigerate until set, preferably 1 day in advance of serving. Serve on slices of tomato placed on lettuce leaves. Yield: 6 servings.

*Mexican*

**ENSALADA DE NOCHEBUENA**  
**Christmas Eve Salad**

**Maxine Huffman**

After Christmas Eve mass or the midnight hour, a supper which traditionally includes this salad and one of several classic turkey dishes is served.

- |   |  |
|---|--|
| 8 small cooked beets  | 3 limes, peeled (white membrane removed)   |
| 4 oranges, peeled (white membrane removed)                                  | 1 head iceberg lettuce   |
| 4 red apples, unpeeled but cored  | ¼ cup sugar (optional)   |
| 4 bananas, peeled   | 1 cup peanuts, chopped   |
| 1 fresh pineapple, peeled & cored, or 1 can (1 lb. 14 oz.) pineapple chunks | 1 cup tart French dressing (¾ cup oil, ¼ cup red wine vinegar, salt) or 1 cup orange juice |

Thinly slice the beets, oranges, apples, bananas, pineapple (if fresh) and limes. Shred the lettuce. Put lettuce in the bottom of a large shallow bowl and arrange fruits over it, sprinkling with the sugar, if you choose to use it. Arrange top layer attractively, perhaps with a ring of oranges around the outer edge, then beets, then pineapple in the center with chopped peanuts sprinkled over all.

Just before serving, pour on the French dressing or the orange juice, mix gently. Serves 8.

*German*

**SAUERKRAUT SALAD**

**Nellie Fish**  
**Rochester, Indiana**

- |  |                |
|--|----------------|
| 1 (no. 2½) can sauerkraut, drained and chopped | ¼ cup pimentos |
| 2 cups celery, chopped                         | ¾ cup sugar    |
| 1 cup green peppers, chopped                   | ¾ cup vinegar  |

Mix ingredients and refrigerate at least two hours, or make the day before serving. Leftovers can be refrigerated. Makes 4 servings.

*Norwegian*

**FLATBREAD**

**Joyce Epperly**  
**Decorah, Iowa**

- |                     |                   |
|---------------------|-------------------|
| 4 cups graham flour | ½ cup sugar       |
| 1 cup white flour   | 1 Tbsp. salt      |
| ¾ cup Cricso        | 2½ cups hot water |

Mix in order given. Take a portion of the dough, the size of large egg. Roll on a floured canvas. Bake in 400° oven. (I use a large cookie sheet on the grate in the oven. Put it in while the oven is heating.) This prevents ridges from oven grate.

*Spanish*  
**SPANISH BREAD**

**Daisy Newsome**  
**Waukegan, Illinois**

- |                   |                   |
|-------------------|-------------------|
| 2½ cups flour     | 1 cup brown sugar |
| ¾ cup white sugar | ¾ cup salad oil   |
| ½ tsp. salt       | 1 tsp. cinnamon   |

Mix like pie crust. Take out ½ cup crumbs for top, and add ½ cup chopped nuts to topping, set aside.

To mixture add:

- |                      |                  |
|----------------------|------------------|
| ½ tsp. soda          | 1 egg            |
| 1 tsp. baking powder | 1 cup buttermilk |

Beat 4 minutes with mixer. Grease 2 small loaf pans, sprinkle crumbs on top. Bake 50 to 60 min. at 350°. Remove after cooled.

*France*  
**DOUBLE-WHEAT WHOLE WHEAT BREAD**

**Donna Knoth**

- |                              |                          |
|------------------------------|--------------------------|
| 2 envelopes active dry yeast | 1½ Tbsp. salt            |
| 1 cup very warm water        | 5 cups whole wheat flour |
| ⅓ cup honey (warmed)         | ¼ cup wheat germ         |
| 2 cups milk                  | 3 cups unbleached flour  |
| ¼ cup butter or margarine    |                          |

Sprinkle yeast into very warm water and stir in 1 tsp. of the honey. Stir until yeast dissolves. Let stand undisturbed until bubbly and doubled in volume (about 10 minutes).

Combine remaining honey with milk, butter and salt in a small saucepan; heat until butter melts. Pour into large bowl; cool until lukewarm. Stir in yeast mixture. Stir in whole wheat flour, wheat germ until smooth. Add enough unbleached flour to make a soft dough. Turn out on lightly floured surface. Knead. Place dough in a large, greased bowl; turn to bring buttered side up. Let rise. Punch down and shape into 2 loaves. Let rise again. Bake at 400° for 40 minutes.

*Scottish*  
**SCOTTISH OAT CAKES**

**Bette Brunsting**

- |                      |                     |
|----------------------|---------------------|
| 1 cup sugar          | 1¼ cups shortening  |
| 2 cups rolled oats   | ½ tsp. baking soda  |
| 2 cups flour         | ½ cup boiling water |
| 1 tsp. baking powder | 2 cups bran flakes  |
| 1 tsp. salt          |                     |

Add soda to boiling water and let stand until cool. Mix together flour, baking powder, salt, bran flakes, rolled oats and sugar. Cut in shortening, add water and soda. Roll out thin on a floured board. Bake in hot oven till golden brown.



### *Middle Eastern*

#### **PITA (Pocket Bread)**

**Maxine Huffman**

1 pkg. dry yeast	3 cups flour
$\frac{1}{2}$ tsp. sugar	1 tsp. salt
$1\frac{1}{4}$ cups warm water	

Dissolve the yeast and sugar in warm water. Let sit until bubbly (about five minutes). Mix flour and salt together in large bowl. Add yeast mixture and mix well until dough forms a ball and bowl sides are clean. Cover with a cloth and let rest for about five minutes.

Knead dough on board until smooth. Place in bowl, cover, and let rise 30 minutes. Punch down; divide into 12 pieces, cover, and let rest 10 minutes. Roll out into 5" rounds and place on lightly floured cookie sheets. Cover and let rise 15 minutes. Bake in 475° oven for 5-6 minutes, turning over halfway through baking. Place immediately in plastic bag in order to keep pitas from getting hard. If not using within a day or so, it's best to freeze them.

### *Mexican*

#### **BOLILLOS (Mexican Hard Rolls)**

**Elaine Jaarsma**

$5\frac{1}{2}$ to 6 cups enriched flour	2 Tbsp. butter or margarine
1 pkg. dry yeast	1 Tbsp. salt
2 cups water	$\frac{1}{4}$ cup water
2 Tbsp. sugar	$\frac{1}{2}$ tsp. cornstarch

Stir together 2 cups flour and yeast. Heat 2 cups water, sugar, butter and salt over low heat only until warm, stirring to blend. Add liquid ingredients to flour-yeast mixture and beat until smooth, about 2 minutes on medium speed of mixer or 300 strokes by hand. Add 1 cup flour and beat 1 minute on medium speed or 150 strokes. Stir in more flour to make moderately stiff dough. Turn onto lightly floured surface and knead until smooth and satiny, about 8 to 10 minutes.

Shape into ball and place in lightly greased bowl, turning to grease all sides. Cover and let rise in warm place (80° to 85°) until doubled, about  $1\frac{1}{2}$  hours. Punch down. Let rest 10 minutes. Divide into 18 equal pieces; shape each piece into ball. Shape each ball into 5-inch oval by rolling it with hands and gently pulling each end into two points.

Place on greased baking sheets. Let rise in warm place until doubled, about 30 minutes. Heat  $\frac{1}{4}$  cup water and cornstarch to boiling; cool slightly. Brush each roll with mixture; with very sharp knife, cut slash 2-inches long and  $\frac{3}{4}$ -inch deep in each roll. Bake in 400° oven 35 to 40 minutes, or until golden brown. Makes 18 rolls.

*Armenian***ARMENIAN COFFEE ROLLS****Emily Camp**

¼ cup warm water  
1 pkg. dry yeast  
1¼ cups warm milk  
2 eggs, beaten  
1 cup melted margarine  
¼ cup sugar

1 tsp. salt  
½ to 1 tsp. ground anise  
1½ tsp. baking powder  
6 cups flour (approximately)  
1 egg, beaten  
sesame seeds (optional)

Sprinkle yeast in warm water and let dissolve. Add milk, 2 eggs, margarine, sugar, salt, anise and baking powder and blend well. Stir in flour, a little at a time, until a soft dough is formed. Knead until smooth. Place in an oiled bowl, cover with a damp towel and let rise until double, about 2 hours.

Punch down dough. Divide into 30-32 pieces. Roll into snakes and form snail-shaped rolls, braids or twists. Arrange rolls 2" apart on greased cookie sheets. Cover and let rise until almost double (45-60 minutes). Brush with beaten egg, sprinkle with sesame seeds. Bake at 350° for 20 minutes.

*German***HEIDELBERG RYE BREAD****Mrs. Lyle Kooiker  
Sioux Center, Iowa**

3 cups all-purpose flour  
2 pkgs. active dry yeast  
¼ cup cocoa powder  
1 Tbsp. caraway seed (optional)  
2 cups water  
⅓ cup molasses

2 Tbsp. butter  
1 Tbsp. sugar  
1 Tbsp. salt  
3 to 3½ cups rye flour  
cooking oil

In large mixing bowl, stir together all-purpose flour, yeast, cocoa and caraway seed. In saucepan, heat water, molasses and butter, sugar and salt just until warm (115° to 120°) stirring until butter almost melts. Add to dry mixture in mixer bowl. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 min. at high speed. By hand, stir in enough rye flour to make a soft dough. Turn onto floured surface; knead till smooth, about 5 minutes. Cover; let rest 20 minutes. Punch dough down; divide in half. Shape each half into a round loaf; place on greased baking sheet or in 2 greased 8-inch pie plates. Brush surface of loaves with a little cooking oil. Slash tops of loaves with a sharp knife. Let rise till double (45 to 60 min.) Bake in 400° oven for 25 to 30 minutes or until done. Remove from pans; cool on racks. Makes 2 loaves.

*Ethiopian*  
**HONEY BREAD**

**Yewoubdar Beyene**  
**Addis, Ethiopia**

To make one 8½" round loaf:

1 pkg. active dry yeast	¼ tsp. ground cloves
¼ cup lukewarm water	1½ tsp. salt
1 egg	1 cup lukewarm milk
½ cup honey	6 Tbsp. melted butter
1 Tbsp. ground coriander	4 to 4½ cups all-purpose flour
½ tsp. ground cinnamon	

In a small, shallow bowl, sprinkle the yeast over the lukewarm water. Let the mixture stand for 2 or 3 minutes, then stir it to dissolve the yeast completely. Let stand in a warm place until the yeast bubbles up and doubles in volume (about 5 minutes.)

Combine the egg, honey, spices and salt in a deep bowl, and mix them together with a wire whisk or spoon. Add the yeast mixture, milk and 4 Tbsp. of the butter, and beat until the ingredients are well blended. Stir in the flour, about ½ cup at a time, using only as much as necessary to make a dough that can be gathered into a soft ball. When the dough becomes too stiff to stir easily, blend in the additional flour with your fingers.

On a lightly floured surface, knead the dough. Rub your hands with a little melted margarine if the dough sticks to the board or to your fingers, but do not use any extra flour or the dough will become stiff and hard. Repeat for about 5 minutes, or until the dough is smooth and elastic.

Shape the dough into a ball and place it in a large, lightly buttered bowl. Drape a kitchen towel over the bowl and set in a warm, draft-free spot for about 1 hour, or until the dough rises and doubles in bulk.

With a pastry brush spread the remaining butter evenly over the bottom and sides of a 3-quart round baking dish at least 3" deep. Punch the dough down with a single blow from your fist, then knead it again for a minute or two. Shape the dough roughly into a round and place it in the buttered baking dish, pressing it down into the corners so that it covers the bottom of the dish completely. Return the dough to the warm, draft-free place for about 1 hour, or until it has doubled in bulk and risen at least as high as the top rim of the dish.

Bake at 300° in the middle of the oven for 50 to 60 minutes, until the top is crusty and light golden brown. Turn the bread out of the pan onto a cake rack to cool. This bread may be served while it is somewhat warm, or may be allowed to cool completely. Traditionally it is eaten spread with butter and honey. It also makes excellent toast.



*German*

## **STREUSELKUCHEN (Streusel Cake)**

**Jan Webber**

This is a tasty German kuchen, usually enjoyed with strong coffee on a Sunday afternoon.

1 pkg. dry yeast	3 cups flour
3 Tbsp. oil	1½ tsp. vanilla
⅓ cup sugar	pinch of salt
1 cup warm milk	

Dissolve yeast in lukewarm milk. Add remaining ingredients, mixing well. Let rise at a warm place until the dough doubles in size, covering bowl with towel. Put dough on a greased cookie sheet.

Make the "Streusel" from:

1¼ cups flour	½ tsp. cinnamon
½ cup sugar	½ lb. butter
1 tsp. vanilla	

Mix dry ingredients together. Cut in butter to a crumb consistency. Put the Streusel over the dough. Let rise again. Bake 15 to 25 minutes at 350°.

*German*

## **APPLE KUCHEN**

**Jan Webber**

½ cup butter, softened	½ cup sugar
1 pkg. yellow cake mix	1 tsp. cinnamon
½ cup flaked coconut	1 cup dairy sour cream or yogurt
1 can (20 oz.) pie-sliced apples, well-drained; or 2½ cups sliced pared baking apples	2 egg yolks or 1 egg

Heat oven to 350°. Cut butter into cake mix (dry) until crumbly. Mix in coconut. Pat mixture lightly into ungreased oblong pan, 13x9x2 inches, building up slight edges. Bake 10 minutes. Arrange apple slices on warm crust. Mix sugar and cinnamon; sprinkle on apples. Blend sour cream and egg yolks; drizzle over apples. (Topping will not completely cover apples.) Bake 25 minutes or until edges are light brown. (Do not overbake.) Serve warm. 12 to 15 servings.

### **Variations:**

Pear Kuchen— Substitute 2 cans (16 oz. each) sliced pears, drained on paper towels, for the apples and 1 pkg. devil's food cake mix or German chocolate cake mix for the yellow cake mix.

Peach Kuchen— Substitute 1 can (29 oz.) sliced peaches, drained on paper towels, for the apples and 1 pkg. white cake mix or sour cream cake mix for the yellow cake mix.

*Italian*  
**ITALIAN CREAM CAKE**

**Pamela Simmons**  
**North Liberty, Iowa**

2 cups sugar  
1 stick butter  
 $\frac{1}{2}$  cup Crisco  
5 egg yolks  
2 cups flour

1 cup buttermilk  
1 tsp. soda  
6 oz. Angel Flake coconut  
5 egg whites

Cream sugar, butter and Crisco. Beat in egg yolks, one at a time. Add flour and buttermilk. Beat lightly. Add soda and coconut. Beat egg whites and fold into the flour mixture. Bake at 350° for 25 minutes.

Makes three 9" layers.

**Icing:**

8 oz. pkg. cream cheese  
1 stick soft butter  
1 lb. box powdered sugar

1 tsp. vanilla  
 $\frac{1}{2}$  cup chopped walnuts  
 $\frac{1}{4}$  cup coconut

Mix together and frost the layers and sides of the cake.

*English*  
**DUNDEE CAKE**

**Grace W. Moore**  
**Perry, Iowa**

$1\frac{1}{3}$  cups butter  
1 cup sugar  
6 eggs  
2 cups flour  
 $\frac{2}{3}$  cup currants or seedless raisins  
 $\frac{2}{3}$  cup seeded raisins

$\frac{2}{3}$  cup white raisins  
 $\frac{2}{3}$  cup candied peel  
pinch of salt  
 $\frac{1}{2}$  cup ground almonds  
grated nutmeg (optional)  
 $\frac{1}{4}$  cup brandy (optional)

Cream the butter and sugar. Add eggs one at a time, beating into the mixture. Add the flour, which has been sifted with the salt and nutmeg; then add the fruit which has been dredged with flour, lastly the ground almonds, and brandy if used. (For a slightly different flavor, the rind of an orange and the juice may be used in place of nutmeg and brandy). When the batter is thoroughly beaten, it should be turned into a deep, round cake pan, lined with greased and floured brown paper. The top may be sprinkled with almonds, halved or shredded lengthways. Bake for  $1\frac{1}{2}$  to 2 hours (or until it shrinks from the pan and the top springs back) in a moderate oven (300°-350°). This is a light-colored fruitcake, rich and handsome; a great favorite with fruitcake lovers.

*German*

**BLACK FOREST CHERRY CAKE**  
(Simplified version)

**Jim Huffman**

1 chocolate cake mix, baked in  
two layers

1 can cherry pie filling

1 pint whipping cream

4 to 6 oz. semi-sweet baking choc-  
olate at room temperature

kirsch

maraschino cherries for decoration  
(optional)

Make the chocolate layers and cool. Moisten both liberally with kirsch. Spread cherry pie filling on one layer. Top with second layer.

Whip cream and spread on top and sides of cake. Make chocolate curls with carrot peeler and put them on the cake. Add maraschino cherries if desired. Refrigerate until ready to serve. Serves 8 to 10.

*English*

**CHOCOLATE CHEESE CAKE**

**Mina Baker**

**Crust:**

6 oz. ginger snaps, crushed

6 Tbsp., 2 tsp. margarine, melted

**Filling:**

3 (8 oz.) pkgs. cream cheese

1 cup sugar

3 eggs

1½ tsp. almond extract

2 tsp. vanilla

6 squares chocolate

3 Tbsp. margarine

Melt margarine and add to crushed crumbs. Press into 9-inch square pan. Soften cream cheese, add eggs, sugar, flavorings. Beat till smooth and put over crumb mixture. Bake for 45 minutes at 350°. Allow to cool. Melt chocolate and margarine over hot water. Spread gently over cooled cake. Chill. Serves 12.

*French*

**POTS DE CRÈME**  
(Custard)

**Alberta Wing**

2 cups of heavy cream

4 egg yolks

5 Tbsp. sugar

⅛ tsp. salt

1 Tbsp. grated orange rind

2 Tbsp. Grand Marnier

1. Use top of double boiler and heat cream just to the scalding point.  
2. Meanwhile, beat yolks with sugar and salt until light, thick and lemon colored.

3. Gradually add cream to yolks and continue beating.

4. Return to double boiler and cook over hot water until custard coats a spoon. Immediately plunge into a pan of cold water to stop cooking.

5. Stir in orange rind and Grand Marnier and chill thoroughly before serving.



*German*  
**ROTE GRUTZE**  
(Fruit Pudding)

**Marie Vande Walle**  
**Bettendorf, Iowa**

- |   |                         |
|---|-------------------------|
| 1 cup canned fruit juice (cherry,<br>plum or currant) | 3 Tbsp. tapioca         |
| 1 cup water   | $\frac{1}{4}$ cup sugar |

Heat fruit juice and water, add tapioca and sugar and boil for three minutes. Pour into glass pudding mold and chill.

Serve with vanilla sauce:

- |                         |                  |
|-------------------------|------------------|
| 1 egg                   | 2 cups rich milk |
| $\frac{1}{2}$ cup sugar | 1 tsp. vanilla   |

Beat eggs and sugar until foamy. Slowly beat in milk and vanilla. Serve very cold over fruit tapioca.

*Finnish*  
**FINNISH RICE PUDDING**

**Elsie Marshall**

- |                                 |  |
|---------------------------------|--|
| 1 cup uncooked rice             | $\frac{1}{2}$ tsp. salt                    |
| 3 cups milk                     | $\frac{1}{2}$ to $\frac{3}{4}$ cup raisins |
| $\frac{1}{4}$ cup melted butter | 1 tsp. cinnamon                            |
| $\frac{1}{2}$ cup sugar         | sliced almonds for top                     |
| 3 eggs, beaten                  |  |

Cook rice according to usual manner. Set aside. Combine milk, melted butter, sugar, salt, eggs and raisins. Stir in rice and then put into a well-buttered 2-quart casserole. Put cinnamon in and sprinkle almonds over top. Bake at 350° for about 1 hour or until set (check with knife blade). Serve warm or cold. (At Christmas time a single almond is baked into the pudding and the person who gets it is considered lucky.)

*Austrian*  
**LINZER TORTE**

**Lilo Ritter**

- |                           |  |
|---------------------------|--|
| 7 oz. flour               | $\frac{1}{4}$ tsp. ground cloves             |
| 4 $\frac{1}{2}$ oz. sugar | 1 grated lemon rind                          |
| 1 egg                     | 4 $\frac{1}{2}$ oz. blanched almonds, grated |
| 1 tsp. baking powder      | 5 $\frac{1}{2}$ oz. butter                   |
| 1 Tbsp. brandy            | 6 oz. raspberry jam                          |
| 1 tsp. cinnamon           | 1 egg yolk, beaten                           |

Sift flour and baking powder onto a pastry board. Make a well in the center and add sugar, egg and spices. Draw in some of the flour from the sides to mix with these ingredients. Then add fat cut into pieces, almonds and brandy and knead all ingredients together to a smooth dough. Cool for 30 minutes.

Roll out  $\frac{3}{8}$  of the dough and line a spring-form pan, having dough for bottom thicker than for sides. Fill with raspberry jam. Roll remaining dough out, cut into strips and place crisscross on top. Brush dough with beaten egg yolk. Bake 35 to 40 minutes until golden brown (350°).

*French*

**L'ABRICOT ET AMONDE DESSET**  
(Apricot almond dessert)

**Mrs. Robert D. Ray**  
Des Moines, Iowa

1½ cups crushed vanilla wafers	1 tsp. almond flavoring
⅓ cup melted butter	½ gal. vanilla ice cream
⅔ cup toasted almonds	20 oz. jar apricot jam

Mix the first 4 ingredients together, reserving ⅓ cup for topping. Using a 9x13 in. pan, press ½ mixture in bottom firmly. Add 1 qt. ice cream. Put in freezer to refirm ice cream. When firm, coat with about 10 oz. of apricot jam. Repeat layers and top with the crumb mixture that you have set aside. Put in freezer. Cut in squares or serve in sherbet glasses and top with a cherry. Serves 12.

*French*

**GATEAU BASQUE**  
(from the Basque region of France)

**Alberta Wing**

**Pate:**

3 cups flour	grated rind of one lemon (citron rape)
1½ cups of sugar	2 egg yolks and 1 whole egg
pinch of salt (pincée de sel)	1 Tbsp. rum (dark)
1¼ cups of butter	

Mix together in a large bowl. Wrap in waxpaper and refrigerate for one hour. (Make the filling during this time.) Generously grease and flour 2 spring form pans. (9-inch layer cake pans may be used.) Divide the pate in half. Take ⅔ of each piece and spread over bottom and up the sides of each pan. Fill with Crème Patissière. Pat out on waxpaper the remaining thirds of paté to cover the crème. Carefully lay over the crème and lightly seal the edges. Brush with 1 egg yolk mixed with 1 tsp. water. Bake 350° for ½ hour. Increase to 400° to brown.

**Crème Patissiere:**

Mix together 1⅓ cups sugar with ½ cup plus 1 Tbsp. flour. In a saucepan (enamel or stainless steel, NOT aluminum) beat for 2 minutes, 4 egg yolks. Gradually add 2 cups of milk. Gradually add the flour mixture. Cook over medium heat until thick, stirring constantly. Stir in 2 Tbsp. butter and 2 Tbsp. of rum (dark). Cool in a pan of ice water, stirring to keep smooth.

*Norwegian*

**KRUM KAKE**

**Maurine Timmer**

4 whole eggs plus 2 yolks	2 cups flour
1 cup butter	1 tsp. almond flavoring
1 Tbsp. cream	1 cup sugar

Put 1 tsp. of batter into krumkake iron and bake. Makes about 100.

*English*

## **DEVONSHIRE SCONES**

**Mina Baker**

**With Strawberry Jam and "Clotted Cream"**

### **Scones:**

2 cups flour

¼ tsp. salt

1 tsp. soda

2 tsp. cream of tartar

3 Tbsp. margarine

⅓ cup raisins

½ cup milk

Mix dry ingredients. Cut in margarine with pastry blender until mealy. Mix in raisins. Add milk and stir. Turn onto a floured board and knead gently. Pat to ½-inch thickness and cut with round biscuit cutter. Brush tops with milk. Bake at 425° for 10-12 minutes.

### **Devonshire "Clotted Cream"**

One cup of cream is allowed to stand out several hours and is then scalded. *To substitute* or "Americanize," take 1 cup Cool Whip and add slowly, 1½ to 2 Tbsp. sour cream. Serve scones with the "Cream" and strawberry jam.

*Austrian*

## **KAISERSCHMARREN**

**Gertie Hoislbauer**

**(Emperor's Pancake)**

⅔ cup raisins

2 ozs. brandy

8 Tbsp. sugar

5 egg yolks

1 cup heavy cream

2 cups flour

6 Tbsp. butter

5 egg whites, stiffly beaten

Soak raisins in brandy. Stir 4 Tbsp. sugar into the egg yolks. Add the cream, stirring constantly. Gradually add flour, stirring until batter is smooth. Fold in beaten egg whites. Pour into a deep buttered baking dish. Bake at 350° until golden and puffy. Melt the butter in a skillet. Tear the pancake into pieces with a fork and put in the skillet with raisins and 4 Tbsp. sugar. Saute until the chunks have a light coating of butter and sugar. Dust with confectioners' sugar and serve immediately.

*Swedish*

## **VALNÖTSMARÅNGER**

**Lilo Ritter**

**(Walnut Meringues)**

4 egg whites

1½ cups powdered sugar

1 cup chopped walnuts

Mix egg whites and sugar in bowl. Bring water almost to the boiling point but do not allow to boil. Place bowl over hot water and beat mixture vigorously 20 minutes. Fold in walnuts carefully. Drop teaspoonfuls of mixture on greased baking sheet and bake in very slow oven (250°) until light yellow (about 30 min.) Makes about 25 meringues.



*Mexican*

## **BUNUELOS**

**Susan Miller**

**(Fried sugar tortillas)**

3½ cups all purpose flour

1 tsp. salt

1 tsp. baking powder

1½ Tbsp. sugar

¼ cup butter or margarine

2 eggs

½ cup milk

oil for deep frying

**Sugar coating: Mix**

1 cup granulated sugar

1 tsp. cinnamon

Sift dry ingredients together into a bowl. Cut in butter until mixture is like coarse meal. Beat eggs lightly with milk, then pour into flour mixture and stir until dough forms a solid mass. Turn dough out onto board and knead lightly for 2 minutes or until smooth. Cut dough into balls the size of marbles and let stand 15 minutes. Roll each ball on a lightly floured board into a very thin pancake 4 inches in diameter. (Probably won't be perfectly round.) Place in single layer on waxed paper until ready to fry. Fry in hot deep fat (375°) until puffed and golden brown, about 30 seconds on each side. Drain on paper towels. While warm shake gently in a paper bag containing sugar coating mixture.

*Norwegian*

## **ROSETTES**

**Maurine Timmer**

2 eggs

1 Tbsp. sugar

1 cup milk

¼ tsp. salt

1 cup flour

Preheat oil to about 380°. Mix all ingredients until batter is smooth and about the consistency of thick cream. Use plenty of deep fat to cover iron. Heat iron clear through in the fat before starting. Dip iron into batter until batter sticks, then dip into hot fat. Make sure the batter doesn't come up over the edge of the iron, it would be difficult to drop it from the iron after frying. When the shell expands from the iron, cook until the shell turns a golden brown. Makes about 50.

*Norwegian*

## **SPRITZ**

**Mrs. Amelia Thorson  
Fort Dodge, Iowa**

1½ cups butter or margarine

1 cup sugar

1 egg

1 tsp. vanilla

½ tsp. almond extract (if desired)

4 cups sifted flour

1 tsp. baking powder

Thoroughly cream butter and sugar, add eggs and flavorings — beat well. Sift flour and baking powder, gradually add to creamed mixture, mix to smooth dough. (Don't chill.) Force dough through cookie press onto ungreased baking sheet. Bake at 375°-400° for 8-10 minutes.

*Wales*

**CYMRAEG COGINIAETH**  
(Welsh Cookies)

**Penny Harris Reynen**  
Hollandale, Minnesota

4 cups flour	1½ cups sugar
4 tsp. baking powder	1 cup Crisco
1 tsp. salt	1 cup currants
3 tsp. nutmeg	3 eggs (beaten)

Add enough milk to beaten eggs to make 1 cup of liquid. Sift all dry ingredients into large bowl. Work in shortening until mixture is crumbly. Add currants, then egg-milk mixture.

Knead with hands until well-blended. Roll in orange-size amounts on floured board. Cut in rounds; currants will determine thickness. Bake on ungreased griddle until light brown. Turn to other side. Makes 7 dozen.

*Australian*

**LAMINGTONS**

**Marlyn Rietveld**  
Otley, Iowa

2 eggs	1 cup milk
4 oz. margarine	1¾ cup sifted flour
1 cup sugar	½ tsp. vanilla

Mix all together. Bake at 325° for 20 min. in a Swiss roll tin or an 8 inch square glass dish. Cool and cut in squares. Coat with chocolate icing and roll in coconut.

This recipe is used for Tea Time by the people of Australia. It came from our AFS student, Lisa Dean, a favorite of her family.

*German*

**CRULLERS or RADERKUCHEN**  
(From East Prussia)

**Lilo Ritter**

4 egg yolks	1 Tbsp. grated lemon rind
½ cup powdered sugar	¼ tsp. salt
3 Tbsp. butter	1½ cups flour
1 Tbsp. brandy	fat for deep frying

Beat egg yolks, sugar and butter a few minutes. Stir in brandy, lemon rind, salt and enough flour to make dough hold together but not more. Chill dough. Turn dough onto floured baking board. Roll out dough ⅛" thick. Cut strips with pastry wheel ¾" wide and 3" long. Cut gash in center and twist end through. Fry crullers in deep fat (375°) until light brown. Drain on absorbent paper.

Makes about 24 cookies. They may be served with jam or dusted with confectioners' sugar.

*Danish***DANISH COOKIES****Nancy Lienenbrugger**

1 cup butter

2 cups flour

 $\frac{1}{2}$  cup brown sugar

Cream butter and sugar. Then add flour. Drop by rounded teaspoonful on cookie sheet. Press down with fork and place a pecan in the center of each cookie. Bake in a 350° oven for 10-15 minutes. When cool sprinkle with confectioners' sugar. (I usually double the recipe.)

*Chinese***CHINESE DRESSING****Lisa Mills Grubb****(Multi-useful)****Colorado Springs, Colorado**

1 tsp. brown sugar (optional)

 $\frac{1}{2}$  cup light sesame oil $\frac{1}{2}$  cup soy sauce3-4 drops hot Oriental chili and  
sesame oil

Combine all ingredients in a "shaker" bottle, and store indefinitely in refrigerator. The sesame oil and chili oil can be bought in most Oriental grocery stores or in some gourmet delis.

Use the dressing for such things as salad or coleslaw dressing, meat marinade, sauteing vegetables, popcorn flavoring (crispen corn in oven after adding dressing).

*Ethiopian***PAPAYA CHUTNEY****Fana Goitom**

2 medium papayas

 $\frac{1}{2}$  cup raisins

1 cup tomatoes

1 tsp. cloves

 $1\frac{1}{2}$  cups sugar

1 tsp. ginger

1 cup vinegar

1 green pepper

 $\frac{1}{2}$  cup dates $\frac{1}{2}$  cup onions, diced

Cook 1 hour. Good with curry. Makes  $1\frac{1}{2}$  quarts.





# Village of Urk



## appetizers and party foods

Edited by Laurie Kolenbrander





## ASPARAGUS POINTS

Geraldine Vander Pol Wagoner  
Mahwah, New Jersey

1 loaf good quality thin-sliced  
bread  
1 container whipped cream cheese  
melted margarine or butter

sesame seeds  
thin stalks canned asparagus,  
well drained

Trim crusts from bread. Butter one side of bread. Next roll flat on board with rolling pin. Then spread dry side with cream cheese. Place two or more (depending on size) of thin asparagus stalks diagonally across bread and fold over corners. Sprinkle with sesame seeds. Toast in 400° oven 'til browned.

## PARTY PIZZA

Betty (Mrs. Richard) Johnson  
Oskaloosa, Iowa

4 English muffins, split in half  
1 lb. 75-80% lean ground pork

2 cups Mozzarella cheese  
1 cup pizza sauce  
oregano

Butter muffin halves. Brown pork, drain. Add cheese (reserving small amount for topping), pizza sauce and oregano to taste. Spread on muffin halves. Broil or microwave until cheese begins to melt. Sprinkle remaining cheese over sandwiches and heat again til cheese melts. Makes 8 sandwiches.

(May substitute 1 tube refrigerated biscuits for English muffins.)

## NOEL NIBBLERS

Pamela Simmons  
North Liberty, Iowa

1 lb. ground beef  
¼ cup finely chopped onion  
½ tsp. salt  
1 lb. frankfurters, cut into 1-inch  
pieces

1 (10 oz.) jar apricot or peach  
preserves  
1 cup barbecue sauce  
1 (20 oz.) can pineapple chunks,  
drained

Combine meat, onion and salt; mix lightly. Shape into 1-inch meatballs. Brown in large skillet; drain. Add frankfurters and combined preserves and barbecue sauce. Simmer 20 minutes, stirring occasionally. Add pineapple, heat thoroughly.

## COCKTAIL FRANKS

Dian Van Dalen

2 lbs. weiners  
1½ cups sugar

1 can beer  
1 tsp. nutmeg (or allspice)

Cut weiners into pieces. Mix sugar and spice. Stir in beer. Cook very slowly until syrupy. Add weiners and continue to cook for 1 hour or longer. Serve with toothpicks.



## DEVEILED TIDBITS

Mrs. Walter J. (Johanna) Heyenga  
Cedar Falls, Iowa

1 pkg. refrigerator biscuits  
¼ cup butter

1 large can deviled ham  
¼ cup grated Parmesan cheese

Snip biscuits into quarters. Arrange in 2 (8") round pans. Heat butter and deviled ham, stirring until blended. Pour ham mix over biscuits making sure pieces are coated. Sprinkle cheese over the top and bake at 400° for 15 minutes.

## SPINACH BALLS

Nancy Cannon

2 (10 oz.) pkgs. frozen spinach  
2 cups stuffing cubes  
1 cup grated Parmesan cheese

6 eggs, beaten  
¾ cup soft butter  
salt & pepper to taste

Cook spinach; drain and squeeze out moisture. Combine with remaining ingredients and mix well. Form into walnut size balls. Freeze on a cookie sheet. (May store in freezer indefinitely in a plastic bag.) Pop from freezer to oven. Bake at 350° for 10 minutes or until warm.

## HERBED MUSHROOMS

Maxine F. Huffman

¾ lb. fresh mushrooms (slice big mushrooms in half)  
3 Tbsp. oil  
½ tsp. salt  
½ tsp. sweet basil

¼ tsp. marjoram  
¼ tsp. garlic powder  
1 lemon wedge  
½ cup burgundy wine

Bring oil to smoking hot and add mushrooms. Saute until half done and add spices and wine. Squeeze lemon into pan and then throw rind in too. Simmer until liquid is reduced to 1/2.

## STUFFED MUSHROOMS

Betsy Farver

16 large mushrooms  
4 Tbsp. butter  
¼ cup green onion, chopped  
¼ cup bread crumbs  
¼ lb. ground beef  
2 Tbsp. chopped parsley

sour cream  
cayenne  
salt & pepper to taste  
Parmesan cheese  
bread crumbs  
melted butter

Remove stems from mushrooms and chop. Saute in butter 2 to 3 minutes. Add onions, bread crumbs, beef and parsley. Moisten with sour cream, season with salt, pepper and dash of cayenne. Stuff mixture into mushroom caps. Sprinkle with bread crumbs, Parmesan cheese and melted butter. Bake at 375° for 15 to 20 minutes.

## CRABBY MUSHROOMS

Karen Rempe

- |   |   |
|---|---|
| 1 (6 to 6½ oz.) can crabmeat,<br>rinsed and drained | 2 Tbsp. chopped fresh parsley             |
| 2 tsp. lemon juice                                  | ¼ tsp. garlic powder                      |
| ⅓ cup finely chopped black olives                   | ¼ tsp. onion powder                       |
| ¼ cup mayonnaise                                    | 24 med. sized mushrooms,<br>stems removed |
|   | grated Parmesan cheese                    |

Preheat oven to 400°. Toss crabmeat with lemon juice in medium bowl. Add next 5 ingredients and mix well. Fill mushroom cups with mixture. Sprinkle with cheese. Rinse baking sheet lightly with water, shaking off excess. Arrange mushrooms on sheet. Cover with foil and bake 15 minutes. Remove foil and continue baking until tops are golden, about 5 minutes. Serve immediately.

## CRABMEAT HORS D'OEUVRES

Nancy Lienenbrugger

- |                                |               |
|--------------------------------|---------------|
| 1 can crabmeat                 | ¼ lb. butter  |
| 1 pkg. Velveeta cheese (small) | 1 tsp. Accent |

Melt butter. Add cheese, Accent and lastly crabmeat. Spread on cocktail rye rounds or buns. Place under broiler for a few minutes to brown lightly.

The butter/cheese sauce may be made in advance and spread on rounds when ready to serve.

## CHEESE CRISP

Mert Tysseling

- |  |                                 |
|--|---------------------------------|
| 1 large flour tortilla                   | ½ cup shredded Longhorn or mild |
| 1 Tbsp. butter or margarine,<br>softened | Cheddar cheese                  |

Spread tortilla with butter or margarine. Heat on hot griddle or very large skillet until crisp and firm. Sprinkle with cheese; bake just until cheese melts. Garnish with strips of green chile, if you wish. (This can be done under a medium broiler also.)

## CHEESE SQUARES

Esther Boat

- |                                   |                 |
|-----------------------------------|-----------------|
| 1 cup margarine, melted           | ¼ cup milk      |
| 12 slices sandwich bread, trimmed | ⅛ tsp. salt     |
| 1 egg                             | Parmesan cheese |

Beat egg, milk and salt together. Dip 1 slice bread in egg mixture and place between 2 plain slices. Cut in quarters. Dip in margarine and sprinkle heavily with Parmesan cheese. Place on greased cookie sheet and put in refrigerator overnight. Bake at 375° for 10 minutes or until lightly brown.

## CHEESE ROUNDS

Sara Caldwell

1 stick Cracker Barrel cheese  
(red foil)

1 stick margarine  
1 cup flour

Soften cheese and margarine. Mix well with flour and then form two tubes (just as for icebox cookies). Wrap in waxed paper and refrigerate. Heat oven to 400°. Slice and bake for 10 minutes. Delicious warm or cooled.

## HOT-BALLS

Norma Ver Helst

1 cup sausage  
1 cup shredded cheese

3 cups Bisquick  
½ cup water

Form into balls. Bake on cookie sheet at 350° for 10-15 minutes. Serve hot.

## CHEESY NIBBLERS (Microwave)

Dian Van Dalen  
Mary Kuyper

1 (2½ oz.) jar sliced mushrooms,  
drained  
1 cup finely shredded Swiss OR  
Cheddar cheese

⅓ cup chopped pepperoni  
⅓ cup mayonnaise  
¼ cup finely chopped black olives  
(or green olives)

Mix all ingredients. Spread on Ritz crackers. Microwave eight crackers at a time — 45 seconds on roast. May also be baked at 350° until cheese melts. Makes several dozen.

## OYSTER CRACKER HORS D'OEUVRES (Microwave)

Dian Van Dalen

1 (12 oz.) pkg. oyster crackers  
(small ones)  
1 cup melted butter  
1 tsp. onion powder

1 tsp. garlic salt  
1 tsp. celery salt  
1 cup Parmesan cheese

Mix spices with butter and pour over crackers. Microwave on high 1½ minutes, stir, microwave on high 1½ minutes more. Serve warm or cold. Also good in soup.

## BACON STICKS (Microwave)

Beatrice Aalbers

Any flavored bread sticks you prefer. Cut bacon in half lengthwise with scissors.

Spiral bacon around bread sticks and put on a bacon rack. Cook ½ min. for each piece.



## **GLAZED FRANKS** (Microwave)

**Beatrice Aalbers**

$\frac{3}{4}$  lb. smoky sausage  
1 Tbsp. mustard

$\frac{1}{4}$  cup apple jelly

Cook  $4\frac{1}{2}$  to 5 minutes on high.

## **SPECIAL PATE**

**Geraldine Vander Pol Wagoner**  
Mahwah, New Jersey

1 can consommé  
1 pkg. gelatin, plain  
1 can Sells Liver pate (red can)

1 (8 oz.) pkg. cream cheese  
1 Tbsp. Worcestershire sauce

Heat consommé. Dissolve gelatin in a little water ( $\frac{1}{3}$  cup). Then pour hot consommé into gelatin. Take mold or several small molds and pour  $\frac{1}{2}$  gelatin consommé liquid to cover bottoms. Place in refrigerator approximately 30 min. to jell. Meanwhile add other ingredients to remaining gelatin-consommé and place in blender to mix. Pour on top of jell in refrigerator. Decorate as desired. Makes 2 cups.

## **AUTUMN CHEESE BALL or** **CHEESE SPREAD**

**Verla Wehde**  
Crystal Lake, Illinois

6 ozs. cream cheese  
 $\frac{1}{4}$  lb. Swiss cheese, shredded  
1 lb. Cheddar cheese, shredded  
1 cup butter  
6 anchovies, finely chopped  
1 medium onion, finely chopped  
2 Tbsp. mustard (Dijon)

1 Tbsp. Worcestershire Sauce  
1 Tbsp. brandy  
2 tsp. capers (optional)  
1 tsp. salt  
1 tsp. caraway seeds  
paprika

Mix the cheeses with butter until smooth. Blend in remaining ingredients — works well to use blender or food processor. Shape into round balls or put into individual containers. Serve with assorted crackers and crisp, raw vegetables. Stores well and freezes well. Makes nice holiday gifts when put into small glass containers.

## **CHEESE BALL**

**Laura Dingeman**

2 (8 oz.) pkgs. cream cheese  
1 can ( $8\frac{1}{2}$  oz.) crushed pineapple,  
drained  
 $\frac{1}{4}$  cup green pepper (diced)

2 Tbsp. minced onion  
2 cups chopped pecans (or less)  
1 Tbsp. seasoned salt

Mix cheese, pineapple, 1 cup pecans and seasonings. Form into ball. Roll on remaining pecans. Chill.

**Hint:** easier to form ball if chilled in freezer a bit.

## CHEESE LOGS

Gloria Valster  
Norma Ver Helst

2 (8 oz.) cream cheese  
1 (3 oz.) cream cheese  
1 bunch green onions, diced

1 (3 oz.) jar bacon cheese spread  
1 (3 oz.) jar pimento cheese spread  
1 (3 oz.) jar Old English cheese spread

Combine all ingredients and form into two cheese logs. Roll in chopped pecans and store in refrigerator. (This recipe freezes well.) May be formed into a ball instead of logs.

## CHILI CHEESE LOG

Marla Bandstra  
Sioux Center, Iowa

6 oz. cream cheese  
4 cups shredded Cheddar cheese  
½ tsp. garlic powder

dash red pepper  
½ cup finely chopped pecans  
2 Tbsp. lemon juice

Mix with mixer, form into rolls. Sprinkle or roll in mixture of 2 tsp. each of chili powder and paprika. Chill and serve with crackers. Logs can also be frozen. Yield: 3 logs.

## CRUNCHY CHEESE BALL

(Mrs. Ralph G.) Jane Ten Clay  
Evansdale, Iowa

8 ozs. cream cheese, softened  
¼ cup mayonnaise  
1 can Spam or Treet, ground

small amount minced onion  
ground nutmeats

Cream mayonnaise and cream cheese until smooth. Add all ingredients except the nuts. Cover and chill. Form into a ball and roll in nutmeats. Serve with rye bread or crackers.

## HORS D'OEUVRES

Betty (Mrs. Richard) Johnson  
Oskaloosa, Iowa

1 (8 oz.) cream cheese, softened  
small pkg. dry Italian dressing  
¼ cup chopped onion

ham, thinly sliced  
green onions

Mix cream cheese with part of the dry Italian dressing. Adjust to your taste. Spread on ham slices. Sprinkle Italian dressing on top. Lay a green onion in the middle of the ham slice. Roll up. Cut in ¼" thick slices when ready to serve. (May use boiled ham or chopped ham slices in place of the regular ham slices.)

### **CUCUMBER SPREAD**

**Debbie Huisman**

2 medium size cucumbers  
1 (8 oz.) pkg. cream cheese  
3 to 4 drops Tabasco sauce

¼ tsp. salt  
½ tsp. garlic powder

Chop cucumbers into fine pieces. (Do not use blender.) Cream into cheese with remainder of ingredients. Serve on rye bread.

### **ARTICHOKE SPREAD**

**Nancy Lienenbrugger**

**Verna Miller, Shawnee Mission, Kansas**

1 cup Parmesan cheese  
1 can plain artichoke hearts

1 cup salad dressing (or  
mayonnaise)

Chop hearts and mix, heat through at about 350°. Serve with Triscuits or your favorite crackers.

### **TACO DIP**

**Judi Menninga**

¼ lb. ground beef  
¼ cup onion, diced  
¼ cup chili sauce  
1½ tsp. chili powder

½ tsp. salt  
1 (8 oz.) can red kidney beans  
½ cup cottage cheese  
½ cup Cheddar cheese, shredded

Brown ground beef and onion. Drain. Add chili sauce, chili powder and salt. In blender combine and blend until smooth, beans and cottage cheese. Mix with ground beef mixture. Put in ungreased 1½ quart casserole. Top with Cheddar cheese. Bake at 350° until cheese bubbles (10-15 minutes). Serve hot with Taco chips.

### **HOT CHEESE DIP**

**Nancy Cannon**

1 lb. Velveeta cheese  
1 lb. Cheddar cheese  
1 bottle pepper sauce or 6 hot  
peppers, chopped

6 slices bacon  
chopped onion, to taste  
1 can tomatoes, chopped

Fry bacon until crisp and break into pieces. Melt cheese in top of double boiler. Add bacon, onion and pepper sauce. Thin with tomatoes. If too thick, thin with beer. Serve warm over small fondue flame.

### **ZIPPY RAREBIT CHEESE SPREAD**

**Arlene Van Zante**

4 oz. sharp natural Cheddar  
cheese (grated - 1 cup)  
1 (8 oz.) pkg. cream cheese

1 tsp. Worcestershire sauce  
dash of hot pepper seasoning  
6 slices bacon, cooked & crumbled

Combine first four ingredients over boiling water over low heat. Cook, stirring frequently till smooth and bubbly. Blend in bacon bits. Makes 1½ cups. Excellent with crackers.



## CREAMY BEEF AND CHEESE DIP

Carol Mapes

- |  |                                 |
|--|---------------------------------|
| 1 (4 oz.) pkg. cream cheese,<br>softened                   | $\frac{1}{8}$ cup sour cream    |
| $\frac{1}{8}$ cup coarsely chopped walnuts,<br>(optional)  | 1 Tbsp. chopped onion (or less) |
| $\frac{1}{2}$ of a 3 oz. jar dried beef, finely<br>chopped | 1 Tbsp. chopped green pepper    |
|  | 1 Tbsp. milk                    |
|  | $\frac{1}{2}$ tsp. pepper       |

Place cream cheese in small casserole dish. Add remaining ingredients; stir until well blended. Cover, place in 225° oven. Bake for 10-15 minutes, stirring once. Serve with toast and crackers. May serve cold if desired. Makes about  $\frac{3}{4}$  cup dip.

## HOT MUSHROOM DIP

Judi Menninga

- |                                    |  |
|------------------------------------|--|
| $\frac{1}{2}$ cup onion, chopped   | 1 can mushrooms, drained                 |
| 1 can cream of mushroom soup       | $\frac{1}{2}$ cup or more Cheddar cheese |
| few dashes tabasco (to your taste) |  |

Saute onion in small amount of margarine. Add remainder of ingredients. Heat in oven until cheese is melted. Add chopped green or red chili peppers. Serve hot with Doritos or Fritos.

## BEAN DIP

Mert Tysseling

- |                              |  |
|------------------------------|--|
| 1 large can of refried beans | 1 Tbsp. chili powder (less if you<br>don't want it so hot) |
| $\frac{1}{2}$ lb. Velveeta   |  |
| 1 can chopped green chillies |  |

Heat over low heat until cheese is melted. Serve with Tostadas or your favorite bought chip.

## SUNKEN TREASURE DIP

Karen Rempe

- |   |  |
|---|--|
| 1 (8 oz.) pkg. cream cheese               | 1 pkg. taco seasoning mix              |
| $\frac{1}{2}$ pt. sour cream              |  |
| 1 can Frito bean dip                      | <b>Topping:</b>                        |
| $\frac{1}{4}$ tsp. Tabasco sauce          | $\frac{1}{2}$ lb. Monterey Jack cheese |
| $\frac{1}{2}$ bunch green onions, chopped | $\frac{1}{2}$ lb. mild Cheddar cheese  |

Mix ingredients together. Place in baking dish. Grate and sprinkle on top  $\frac{1}{2}$  lb. each of Monterey Jack and mild Cheddar cheese. Bake at 350° for 15-20 min. Stir and serve with Tortilla chips.

## **HOT CRAB DIP**

**Laurie Kolenbrander**

### **Microwave**

- 1 pkg. (8 oz.) cream cheese
- $\frac{1}{2}$  cup mayonnaise
- 2 green onions, sliced
- 1 Tbsp. dried parsley flakes
- $\frac{1}{2}$  cup slivered almonds

- 1 can (6 oz.) crabmeat, drained and flaked
- 2 Tbsp. dry white wine
- 1 Tbsp. (or more) horseradish
- $\frac{1}{4}$  tsp. Worcestershire sauce

Place cream cheese in glass bowl in microwave on roast or  $\frac{3}{4}$  heat for approximately 2 min. or until soft. Add mayonnaise, onion, parsley, crabmeat, almonds, wine, horseradish and Worcestershire sauce. Microwave 4 to 5 minutes on roast or until hot (about 120°).

Serve in warmer with crackers or party rye. Delicious.

## **HOT BEEF DIP**

**Ruth Ann Kuhn**

### **Microwave**

- 1 jar (2½ oz.) dried beef
- 1 cup cold water
- $\frac{1}{2}$  cup Parmesan cheese
- $\frac{1}{4}$  cup chopped green onion

- $\frac{1}{4}$  cup sour cream
- $\frac{1}{4}$  cup salad dressing or mayonnaise
- 1 pkg. (8 oz.) cream cheese
- 1 Tbsp. dried parsley flakes

Cut beef into small pieces, using kitchen shears. Combine beef and water in 4 cup measure. Microwave on high for 3 min.; drain well, mix in remaining ingredients. Microwave on roast to 120°, stir before serving.

Serve warm with crackers, vegetable sticks or chunks of bread. 3 cups dip.

## **CHEESE SPREAD**

**Mrs. Elmer Moss**

### **Microwave**

- $\frac{1}{2}$  lb. Velveeta cheese
- 1 Tbsp. sugar
- 1 Tbsp. flour
- 2 Tbsp. vinegar

- 1 egg beaten
- 1 Tbsp. butter
- $\frac{1}{2}$  tsp. garlic salt
- $\frac{1}{3}$  cup cream or milk

Put in pan on low heat, stir until cheese melts, and rest of ingredients are mixed thoroughly. (Also can be made in microwave.) Delicious on crackers.

## **MEXICAN DIP**

**Verna Miller**

**Shawnee Mission, Kansas**

- 1 can tomato sauce with pieces
- 1 can chopped green chillies

- 2 Tbsp. green onion or dried onion
- 3 to 4 Tbsp. vinegar

Stir and refrigerate several hours. Serve with chips. Preferably tortilla chips.

## GARBANZO BEAN DIP

Mary Farver Griffith  
Golden Valley, Minn.

1 can garbanzo beans, drained  
 $\frac{2}{3}$  cup olive oil  
 $\frac{1}{2}$  cup tahini (sesame paste)  
 $\frac{1}{4}$  cup and 2 Tbsp. fresh lemon  
juice, strained

1 large clove garlic, minced  
1 tsp. salt  
toasted sesame seeds  
Pita bread

Blend first 6 ingredients in Cuisinart until light, fluffy and smooth (no lumps). Chill in glass bowl and press plastic wrap over surface. When ready to serve, drizzle with olive oil and top with toasted sesame seeds. Serve with toasted Pita bread triangles. (Cut Pita bread into triangles and toast on cookie sheet in oven.)

## GUACAMOLE DIP

Kimberly Huffman

1 large ripe avocado  
1 large tomato  
1 small onion, chopped

2 Tbsp. lemon juice  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  cup salad dressing or  
mayonnaise

Peel and dice avocado. Cube tomato. Place in blender with remaining ingredients. Blend until of dipping consistency. Serve with taco chips.

## GUACAMOLE DIP

Jan Andeweg  
Diane Den Herder, Sioux Center, Iowa

1 cup mashed avocado  
2 Tbsp. finely chopped onion  
2 Tbsp. mayonnaise or salad  
dressing

$\frac{1}{4}$  tsp. chili powder  
 $\frac{1}{4}$  tsp. garlic salt  
6 drops Tabasco sauce  
3 slices bacon, crumbled or 2 tsp.  
bacon flavored bits

Combine all ingredients except the bacon. Chill. Add bacon before serving.

**Variation:** omit bacon, chili powder and garlic salt. Add 2 Tbsp. lemon juice, 1 tsp. paprika, 1 tsp. salt and  $\frac{1}{2}$  tsp. Worcestershire sauce.

## TOMATO CLAM DIP

Geraldine Vander Pol Wagoner  
Mahwah, New Jersey

1 can (Snow's) minced clams,  
rinsed, drained & deveined  
(about 6 Tbsp.)  
3 (3 oz.) pkgs. cream cheese  
6 Tbsp. finely minced tomato  
(about 1 med.)

2 Tbsp. clam juice  
1 Tbsp. lemon juice (fresh)  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  tsp. garlic powder  
scant  $\frac{1}{2}$  tsp. coarse ground black  
pepper

Soften cream cheese. Add remaining ingredients and beat until fluffy.



## SPINACH DIP

Mrs. John ('Hen') Timmer  
Sioux Falls, South Dakota

- |  |  |
|--|--|
| 10 oz. frozen, chopped spinach —<br>thaw & drain (do not cook) | ½ tsp. pepper                              |
| 1 pkg. dry Original Hidden Valley<br>salad dressing            | 1 cup mayonnaise                           |
| 1 pt. sour cream   | 2½ tsp. "Spice Island" salad<br>seasonings |
| 2 tsp. dill weed   | ½ cup finely chopped onion                 |
|  | 1 Tbsp. lemon juice                        |

Combine with a fork. Refrigerate overnight. Makes 1 quart.

## TUNA ONION DIP

Jane De Bruin

- |                              |   |
|------------------------------|---|
| 1 (6½ oz.) can tuna, drained | 1 medium cucumber, unpeeled<br>and finely chopped |
| 2 cups sour cream            |   |
| 1 envelope onion soup mix    |   |

Place tuna, sour cream and onion soup mix in a medium bowl and mix well. Add cucumber. Cover and chill. Makes 4½ cups dip.

This is a good dip for raw vegetables or crackers.

## STRAWBERRY DIP

Diane Jaarsma

Blend together:

- |   |                           |
|---|---------------------------|
| 8 oz. cream cheese (at room<br>temperature) | ½ to ¾ cup powdered sugar |
| one stick unsalted butter                   | 1 tsp. vanilla            |
|   | 8 strawberries            |

A great dip for Triscuits.

**VEGETABLE DIPS:** The following dips are to be served chilled with an assortment of raw vegetables.

## CURRY DIP

Jan Gross  
Donna Williams, Adel, Iowa

- |                               |                               |
|-------------------------------|-------------------------------|
| 1 cup mayonnaise              | 1 Tbsp. grated onion          |
| 1 Tbsp. horseradish (or less) | ¼ tsp. curry powder (or more) |
| 1 Tbsp. Tarragon vinegar      | pinch sugar (optional)        |
| Mix well. Chill.              |                               |

## HIDDEN VALLEY DIP

Carol Mapes

- |                                       |                      |
|---------------------------------------|----------------------|
| 1 cup mayonnaise or salad<br>dressing | ½ cup sour cream AND |
| 1 pkg. Hidden Valley dressing         | ¼ to ½ cup milk      |
| Mix well...Chill.                     |                      |

### **DRIED BEEF DIP**

**Barb Dieleman**

- 1 (8 oz.) pkg. cream cheese,  
softened
- ¼ can cream of mushroom soup
- 1 tsp. sugar

- 1 Tbsp. minced onion
- 4 oz. dried beef, well minced
- dash Worcestershire sauce

Blend well. Refrigerate to develop firmness.

### **VEGETABLE DIP**

**Arlene Van Zante**

**Lois Vander Pol, Lansing, Illinois**

- 1 (16 oz.) jar real mayonnaise
- 1 (8 oz.) container sour cream
- 2 Tbsp. dill weed

- 1 tsp. seasoned salt
- 2 Tbsp. onion flakes
- 2 tsp. dried parsley (optional)

Blend well. Chill.

### **RAW VEGETABLE DIP**

**Beth De Beer**

**Cedar Falls, Iowa**

- 1 cup mayonnaise (not salad  
dressing)
- 4 tsp. soy sauce
- 1 tsp. milk

- 1 tsp. ginger
- 1 tsp. vinegar
- 1 Tbsp. onion

Mix well. Chill.

### **COLD VEGETABLE DIP**

**Carol Mapes**

- 1 (8 oz.) cream cheese, softened
- 5½ Tbsp. Catalina dressing

- 5½ tsp. ketchup
- ½ tsp. onion (to taste)

Mix well. Chill.

### **VEGETABLE DIP**

**Nancy Lienenbrugger**

- 1 pt. jar mayonnaise
- 1 Tbsp. tarragon vinegar
- 1 small bunch parsley

- tops of 1 bunch of green onions
- 1 pt. sour cream

Mix ingredients in blender. Chill.

### **ORANGE JULIUS**

**Carol DeBeer**

**Cedar Falls, Iowa**

- 1 (6 oz.) frozen orange juice
- 1 cup water
- 1 tsp. vanilla

- 1 cup milk
- ½ cup sugar
- 10 ice cubes

Combine and blend in blender. Makes a blender full.

## CRANBERRY FROST

Esther Roorda

1 lb. cranberries  
½ cup water  
2 cups sugar  
1 tsp. orange flavor

1 Tbsp. lemon juice  
2 cups lemon or lime soda  
1 cup club soda

Wash cranberries. Grind, add water, sugar, flavoring and lemon juice. Simmer 5 minutes. Cool. Add sodas. Pour into 13x9" cake pan. Freeze 4 hours. Serve in small cups.

## SLUSH PUNCH

Peggy Pierson

3 cups sugar  
3 qts. water  
3 pkgs. lemonade Kool-aid  
2 qts. gingerale

3 (12 oz.) cans frozen orange juice concentrate  
3 (46 oz.) cans pineapple juice, unsweetened

Boil sugar and water until sugar is dissolved. Cool. Add Kool-Aid, orange juice and pineapple juice. Freeze mixture, stirring every half hour until solid. Remove about 6 hours before serving, stirring when possible. Just before serving, add gingerale. Serves 85.

## BANANA CRUSH PUNCH

Lorraine Verros

3 to 4 cups sugar  
6 cups water  
10 bananas  
2 (12 oz.) cans frozen orange juice concentrate

1 (12 oz.) can frozen lemonade concentrate  
46 oz. can pineapple juice, unsweetened  
3 large bottles gingerale

Boil sugar and water 3 min., cool. Blend and add gradually in blender: bananas and juices, pouring into another container as blender fills up. Mix well and pour into 3 empty ½ gal. milk cartons or plastic ice cream containers. Freeze (the longer it's stored the better). When ready to serve, let soften slightly and chop up in a punch bowl with knife. Add, pouring slowly and beating with a rotary beater, the gingerale: 1 to each carton of frozen punch mixture. Serves 75-100 or approx. 25-30 per carton.

## PUNCH

Lorraine Arkema  
Dayton, Ohio

1 can pink grapefruit pineapple drink  
1 can Hi-C orange drink  
1½ qt. fresh or frozen orange juice

1 qt. gingerale  
1 qt. sherbet, 3 flavors

Mix 2 cans drink and orange juice together and store until needed. Pour into punch bowl one gallon (amount is more than a gallon). Add 1 qt. gingerale. Scoop sherbet and add to mixture. Serves 40 5-oz. cups.



## HOLIDAY PUNCH

Etta De Mik  
Lansing, Illinois

- 2 pkg. cherry )
- 1 pkg. orange ) regular size, unsweetened Kool-Aid
- 1 pkg. raspberry )

To this add:

- 5 cups sugar
- 4 qts. water
- 1 large can frozen orange juice
- ½ gal. raspberry sherbet

2 qts. gingerale

Add gingerale just before serving. This is for a large group. Cut it down for smaller gatherings.

## THE MADHOUSE

Elizabeth Grond

- 1 (6 oz.) pkg. lime-flavored gelatin
- 2 cups hot water
- ½ to 1 cup bottled lime juice
- 2 (12 oz.) cans frozen limeade concentrate
- 90 ozs. (9 -10 oz. bottles) of Sprite
- 1 tsp. almond extract

Dissolve gelatin in hot water. Then stir in frozen limeade concentrate. Add lime juice. To serve: pour mixture into bowl over 1½ quarts of cracked ice. Add Sprite and almond extract. Makes 48 4-oz. servings.

## RHUBARB PUNCH

Emma Lou Heusinkveld

- 3 lbs. rhubarb
- 1 qt. water
- 2½ cups sugar
- 1½ cups orange juice
- 1 cup lemon juice
- ¾ cup crushed pineapple
- 3 qts. ice water

Cut rhubarb into small pieces and cook in water until tender, then strain. There should be two quarts of juice. Add sugar while juice is hot and stir until dissolved. Add fruit juices, cool, add ice water. Makes 6 quarts.

## KAHLUA

Lisa Grubb  
Colorado Springs, Colorado

- 3¾ cups sugar
- 4 cups water
- 2 ozs. instant coffee
- 2 whole vanilla beans
- fifth of Vodka

Boil sugar and water for 5 minutes. Remove from heat and gradually stir in instant coffee. Bring to boil again. Remove from heat and cool 5 minutes. Stir in Vodka. Split vanilla beans lengthwise and place in half gallon jar. Pour in above ingredients and let stand for several days. (Do not underboil.)

### **FRIENDSHIP CUP**

**Shirely Weller**

(Can be served as juice or soup)

- |                             |                 |
|-----------------------------|-----------------|
| 1 (10½ oz.) can tomato soup | ¼ tsp. marjoram |
| 1 (10½ oz.) can consomme    | ½ tsp. thyme    |
| 2 cans water                |                 |

Combine soups and water, add marjoram, thyme. Simmer until seasonings are well mixed.

### **HOT CRANBERRY DRINK**

**Mrs. Robert (Jean) Baker  
Eldridge, Iowa**

- |                                    |                           |
|------------------------------------|---------------------------|
| 2 qts. apple cider                 | 1 tsp. whole allspice     |
| 1 qt. cranberry or cranapple juice | 3 sticks cinnamon, broken |
| 2 cups orange juice                | 1 cup sugar               |
| 1 tsp. whole cloves                |                           |

Place cider, cranberry juice and orange juice in bottom of coffeemaker. Place spices and sugar in percolator basket and perk.

Serve hot. 15-20 servings.

### **HOT CIDER**

**Carolyn De Jong**

- |                     |                      |
|---------------------|----------------------|
| 1 qt. hot tea       | 1 Tbsp. whole cloves |
| 1 gallon cider      | 3 sticks cinnamon    |
| 1 cup lemon juice   | ½ tsp. salt          |
| 2½ cups brown sugar | 2 to 3 orange slices |
| 1 Tbsp. allspice    |                      |

Bring to a boil. Simmer 15 to 30 minutes. Float orange slices on top.

### **HOT CIDER DRINK**

**Jane De Bruin**

- |                   |                |
|-------------------|----------------|
| 1 qt. apple cider | ¼ cup red hots |
|-------------------|----------------|

Put cider and red hots into crockpot. Turn setting on high and stir occasionally until candy has melted. Turn setting to low until serving time. Serve in mugs.

### **SPICY BEVERAGE**

**Beatrice Aalbers**

- |                         |                     |
|-------------------------|---------------------|
| 3 cups apple cider      | 1 Tbsp. lemon juice |
| 1¼ cups pineapple juice | ⅛ tsp. nutmeg       |
| 2 Tbsp. honey           | 1 tsp. whole cloves |
| 1 stick cinnamon        |                     |

Put spices in a cloth sack and remove after heated. Cook 10-12 minutes until steamy.

## HOT SPICED WINE

1 qt. claret or burgundy  
 $\frac{3}{4}$  cup sugar  
4 to 5 sticks cinnamon  
5 to 10 whole cloves

Combine all ingredients in a large pan. Heat slowly, stirring occasionally. Heat only until steaming; do not simmer or boil. Cover and keep hot. Flavor improves if kept hot for an hour or more. Serve in cups. Serves 4 to 6.

## HOT CIDER PUNCH

### Microwave

$\frac{1}{2}$  cup sugar  
1 stick cinnamon  
2 cups apple cider  
1 cup orange juice

1 cup water  
1 sliced apple  
1 peeled, sliced orange

Combine in 1 qt. glass bowl. Microwave on high 5 min. Remove spices and serve in mugs.

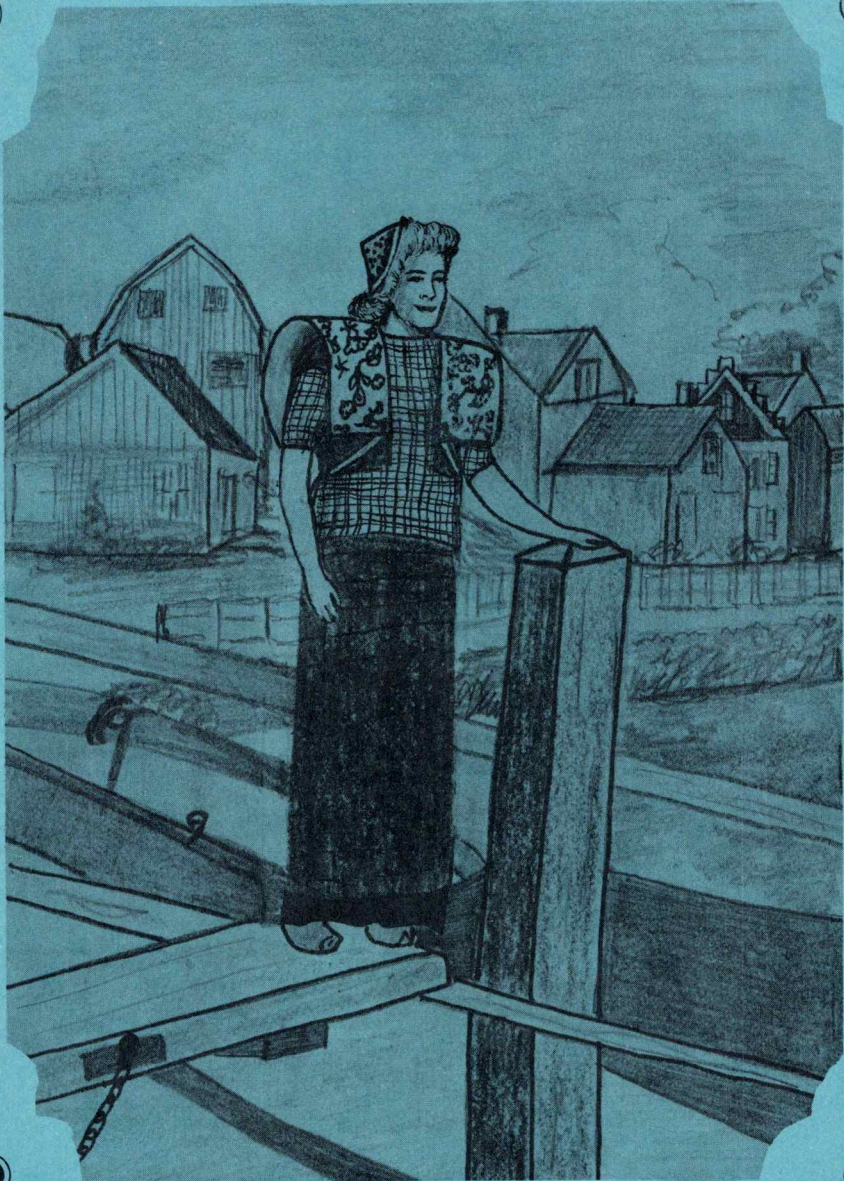
Mavis Geisler  
Sun City, Arizona

Joan Klyn





# Village of SpakenBURG



meats, poultry, fish

Edited by Laura Dingeman





## BARBECUED STEAK

Ardyce Roehr

- |                               |                              |
|-------------------------------|------------------------------|
| 1 cup catsup                  | 1 Tbsp. prepared mustard     |
| ½ cup water                   | 2 Tbsp. brown sugar          |
| ¼ cup vinegar                 | ½ tsp. salt                  |
| ¼ cup chopped green pepper    | ¼ tsp. pepper                |
| ¼ cup onion, chopped          | 4 lb. round steak, cut in ½" |
| 1½ Tbsp. Worcestershire sauce | pieces and pounded           |

Combine all ingredients, except steak and bring to a boil, then simmer 5 minutes. Place steak in roasting pan and pour hot sauce over meat and cover. Bake at 325° for 1½ to 2 hours.

## VEAL CONTINENTAL

Mildred Fanter  
Crystal Lake, Ill.

Total Preparation Time: 1¼ hrs.

- |                                    |                          |
|------------------------------------|--------------------------|
| 6 Tbsp. bacon drippings            | 1 cup chicken bouillon   |
| 2 large onions, very thinly sliced | 2 tsp. lemon juice       |
| 2½ to 3 lbs. veal steak            | 1 tsp. grated lemon rind |
| ½ cup flour                        | ¼ tsp. rosemary          |
| 2 tsp. salt                        | 1 cup sour cream         |
| 1 tsp. dry mustard                 | 1 tsp. paprika           |
| 1½ Tbsp. paprika                   |                          |

Saute onion in 3 Tbsp. drippings till golden and fairly tender. Remove and set aside. Cut veal into serving pieces and dredge in a mixture of flour, salt, dry mustard and paprika. Add 3 Tbsp. drippings to the skillet, bring to a sizzle and saute the veal, a single layer at a time, browning it quickly on both sides. Add the chicken bouillon, lemon juice, lemon rind and rosemary. Lay the sauteed onion slices on top of the veal, cover skillet and simmer gently for 45 minutes or until veal is very tender.

Arrange veal on a heated platter and add sour cream and 1 tsp. paprika to the gravy. Blend well and heat through gently but thoroughly. Taste for seasoning, adding salt if needed. Spoon sour cream gravy generously over veal. Serve over rice or noodles. If dinner is delayed, can be reheated. Even "fussy eaters" go for this in a big way.

## MEDALLIONS OF VEAL JULIE

Julie Harris  
Highland Park, Ill.

- |                         |                         |
|-------------------------|-------------------------|
| Veal cutlets, very thin | 1 cup chicken broth     |
| fresh mushrooms, sliced | ½ to 1 cup dry Vermouth |
| flour                   | 1 lemon                 |
| salt and pepper         |                         |

Roll veal cutlets in flour, salt and pepper. Brown on both sides in skillet with a small amount of shortening. Remove from pan. Brown mushrooms. Make sauce with chicken broth and Vermouth, scraping up pan. Peel lemon and remove all of the white membrane. Slice lemon very thin. Alternate veal and lemon in shallow casserole. Pour over sauce and bake at 350° for 30 minutes. Serve with green noodles parmesan or rice.



## HAWAIIAN ISLAND SUKIYAKI

Elaine Jaarsma

2 tsp. salad oil  
1½ lbs. sirloin, sliced "bacon"  
thin, 2" long  
¼ cup sugar  
¾ cup soy sauce  
¼ cup water  
2 medium onions thin sliced  
lengthwise  
1 green pepper, sliced thin

1 cup celery, sliced diagonally  
into ½" strips  
1 (12 oz.) can bamboo shoots,  
sliced thin  
1 cup fresh mushrooms (or  
canned) sliced thin  
1 bunch green onions cut in  
1" lengths

Heat oil in heavy skillet, add meat and brown lightly. Mix sugar, soy sauce and water and add half this mixture to the meat. Stir and push meat to one side of pan and add onion, celery and pepper; cook a few minutes. Add remaining soy sauce liquid, bamboo shoots and mushrooms. Cook 3-5 minutes. Add green onions and cook 1 more minute. Stir well and serve immediately with rice.

## BEEF KABOBS WAIKIKI

Sue Brandl

2 lbs. round steak or sirloin  
(cut in strips or small pieces)  
whole mushrooms  
green pepper wedges  
onion wedges or pieces  
pineapple chunks

### Marinade Sauce:

1½ tsp. dry mustard  
¾ tsp. ground ginger  
⅞ tsp. pepper  
⅞ tsp. garlic powder  
6 Tbsp. Soy Sauce  
3 Tbsp. lemon juice  
3 Tbsp. oil

Marinate steak about 3-4 hours in refrigerator. Alternate steak and vegetables on skewers. Grill until brown. Steak may be partially frozen for ease in cutting.

## EVERYDAY MEAT LOAF

Louise Hallenbeck

⅔ cup soda crackers crumbled  
coarsely by hand  
1 cup canned milk, undiluted  
1 to 1½ lbs. ground beef  
2 beaten eggs  
1 tsp. salt

¼ cup grated onion (or dehydrated  
equivalent — when using  
dehydrated onion, omit salt  
½ tsp. ground sage  
dash of pepper

Soak crumbs in milk; add meat, eggs, onion and seasonings. Mix well. Place in bread pan (9x5x2). Cover with Piquant Sauce and bake 1 hour at 350°. Serves 8.

### Piquant Sauce: Combine

3 Tbsp. brown sugar  
¼ cup catsup

¼ tsp. nutmeg  
1 tsp. dry mustard

## BARB'S TAILGATE MEAT LOAF

Sara Caldwell

- |                                |                              |
|--------------------------------|------------------------------|
| 1 loaf Italian or French bread | ½ tsp. pepper                |
| 2 lbs. ground round            | 2 Tbsp. Worcestershire sauce |
| 3 tsp. chopped chives          | 6 slices of bacon            |
| 2 eggs, slightly beaten        | ½ stick butter, softened     |
| 1 tsp. salt                    | 3 Tbsp. mustard              |

Preheat the oven to 375°. Halve the loaf of bread lengthwise and scoop it out leaving a ½-inch edge. Crumble enough of the bread to make ½ cup crumbs.

Combine ground round, chives, eggs, crumbs, salt, pepper and Worcestershire sauce in a bowl. Form a meatloaf the same shape but a little longer than the bread. Place on a roasting pan. Cut bacon slices crosswise and arrange over meatloaf. Bake at 375° for 1 hour.

Blend butter, mustard; spread inside of the hollow loaf. Place the hot meatloaf in the bread. Tie the two halves firmly together with string. Weight down the loaf for at least ½ hour so juice can soak into the bread. Serve warm or cool. Fun for pre-game tailgate picnics.

## MINI MAGIC MEATBALLS

Jo Ellen Krug

- |  |                    |
|--|--------------------|
| 1 lb. ground beef                                  | <b>Magic Sauce</b> |
| 2 cups small torn pieces of white bread (3 slices) | 1 cup catsup       |
| 1 pkg. dry onion soup mix                          | ⅓ cup lemon juice  |
| 1 egg, slightly beaten                             | ⅓ cup grape jelly  |
| 1 Tbsp. dried parsley flakes                       |                    |

Combine all ingredients except sauce. Shape into 1" meat balls (about 4 dozen), and arrange in large glass baking dish. Prepare Magic Sauce and pour over meat balls. Bake at 350° for about 45 minutes or until done. Spoon off excess fat.

## BARBECUED MEAT BALLS

Donna Willemsen

### Meat Mixture:

- |                     |                              |
|---------------------|------------------------------|
| 1 lb. ground beef   | 1 tsp. salt                  |
| 1 egg               | ¼ tsp. pepper                |
| ¾ cup Rice Krispies | 1 Tbsp. finely chopped onion |

### Sauce:

- |                      |                    |
|----------------------|--------------------|
| 4½ Tbsp. brown sugar | ¼ tsp. nutmeg      |
| ¾ cup catsup         | 1 tsp. dry mustard |

Combine meat mixture, mix well. Mix the sauce ingredients. Add half of this sauce to the beef mixture, mix well. Shape meat mixture into balls. Top with remaining sauce. Sprinkle ¼ cup Rice Krispies over the sauce. Bake in 400° oven for 30 minutes.

## **SWEDISH MEATBALLS** (American Version)

**Mrs. Walter Roorda**

1½ lbs. ground beef  
½ cup soda cracker crumbs  
½ tsp. salt

chopped onion to taste  
1 egg, beaten  
1 can cream of mushroom soup

Combine all ingredients except soup. Mix well. Shape into small balls and brown on all sides in a little oil. Put meatballs in a single layer in baking pan. Mix can of soup with ½ can water and pour over meatballs. Bake at 350° for 1 hour.

## **OVEN MEATBALLS**

**Esther Roorda**

2 lbs. ground meat  
2 tsp. salt  
1 tsp. sage  
1 onion, grated

1 (large) cup bread crumbs  
pepper  
2 eggs  
2 cups milk

Mix well, form into large balls. Brown in hot fat. Place in open baking dish. Make gravy in frying pan and add 1 can mushrooms. Pour over balls, bake 1 hour at 325°.

## **PORCUPINE MEAT BALLS**

**Eileen Hessing**

1 can tomato soup  
½ cup water  
1 lb. ground beef  
1 egg, beaten  
onion, chopped

½ tsp. salt  
½ tsp. pepper  
2 Tbsp. bread crumbs  
½ cup rice

Mix together ground beef, egg, bread crumbs, onion, rice, salt and pepper with ¼ cup of tomato soup. Shape into balls; place in casserole. Mix water and ¾ cup tomato soup together. Pour over meat balls. Cover and bake at 350° for 1 hour.

## **CORN BEEF PATTIES**

**Deborah Kay Huizenga Nier**  
**Davenport, Ia.**

1 can corned beef  
½ cup mayonnaise  
2 Tbsp. onion  
1 tsp. horseradish  
1 can cream of vegetable soup

⅓ cup milk  
1 beaten egg  
1 Tbsp. water  
½ cup bread crumbs  
2 Tbsp. shortening

Combine corned beef, mayonnaise, onion and horseradish. Shape into patties. Dip patties into blend of water and egg, then cover with bread crumbs. Brown meat in shortening (in skillet). Combine soup and milk, then heat. Remove skillet from heat and pour soup mixture over patties. Bake in oven 12 minutes at 350°. Makes 4-6 servings. (May use cream of celery soup instead of vegetable soup.)



## MEAT PATTIES

Mary Glendening

1½ lb. ground beef  
onion dry soup mix

1 cup water  
¼ cup catsup

Mix beef with 1 Tbsp. soup mix. Shape into 6 patties. Brown patties in skillet; pour off excess drippings. Stir in water, remaining soup mix and catsup. Cover, cook over low heat for 15 minutes, stirring occasionally. Uncover, cook until of desired consistency. (Easy and a family favorite.)

## CHEESY PORK LOAF

Connie (Whalley) Vos

1½ lbs. (75-80%) lean ground beef  
2 slightly beaten eggs  
¼ lb. sharp cheese cut into  
¼" cubes

¾ cup fine cracker crumbs  
⅓ cup milk  
¼ cup chopped onion

Thoroughly mix all ingredients. Mold and press into 8½x4½x2½ inch loaf pan. Bake 350° for 1¼ - 1½ hours.

For trim, cut 2 square cheese slices in half, place diagonally, overlap on loaf.

## BARBECUED PORK MEATBALLS

Dorothy Ver Ploeg

2 lbs. ground pork  
¾ cup oatmeal  
½ cup milk

3 Tbsp. minced onion  
1½ tsp. salt  
½ tsp. pepper

Combine ingredients, form into meatballs. Brown in hot fat. Place in baking dish, cover with sauce and bake at 350° for 45 minutes. After browning, these can also be placed in a slow cooking pot, covered with sauce and cooked on low for 4 to 6 hours.

Sauce:

4 Tbsp. brown sugar  
1 Tbsp. Worcestershire sauce  
2 cups catsup

1 cup water (½ cup if using  
crock pot)  
3 Tbsp. vinegar  
1 medium onion, minced

Combine ingredients in saucepan. Simmer 10 minutes.

## CHOPS 'N KRAUT by microwave (Also very good baked in 350° oven)

Elsie Whalley

1 (16 oz.) can sauerkraut (drain  
and wash)  
1 tsp. caraway seeds  
1 can cream of mushroom soup

¼ cup chopped onion  
4 pork chops  
1 can onion rings

In an 8 x 8 inch baking dish, spread drained sauerkraut. Sprinkle caraway seeds over top. Arrange chops on top with thickest part of chop to the outside of the dish. Spread soup over chops. Sprinkle onion over soup. Cover with waxed paper. Cook in microwave 14 minutes per pound of chops on high. Turn chops over halfway through cooking time. Cook remaining time. Top with onion rings. Cook 1 minute on high. (If done in oven, chops do not have to be turned.)

**STUFFED PORK CHOPS (microwave)****Ruth Ann Kuhn**

- |                                    |                                |
|------------------------------------|--------------------------------|
| ½ cup milk                         | 1 envelope (½ oz.) brown gravy |
| ¼ cup butter                       | 8 thin rib pork chops (about   |
| 2 cups dry seasoned bread stuffing | 1½ lbs.) with fat trimmed      |

Combine milk and butter in medium glass mixing bowl. Microwave on Roast for 2 to 3 minutes, until butter is melted. Stir in bread stuffing and mix well; set aside. Sprinkle one side of 4 chops with half of dry gravy mix; place seasoned side down in 2 quart (8 x 8) glass baking dish. Spoon dressing on top of each chop. Place remaining chops on top of dressing. Sprinkle with remaining gravy mix. Cover with plastic wrap. Microwave on Roast for 12 to 15 minutes or until fork tender. Let stand covered, 15 minutes before serving.

**FRUITED RICE and PORK CHOP BAKE****Nancine Hugen  
Oskaloosa, IA**

- |  |   |
|--|---|
| 6 pork chops, cut ½" thick                 | 1 tsp. garlic salt                            |
| 1 Tbsp. oil                                | ¼ tsp. ginger                                 |
| 1 (10½ oz.) can condensed chicken<br>broth | 1 cup converted rice, uncooked                |
| 2 Tbsp. honey                              | 1 (8 oz.) pkg. mixed dried fruit<br>(chopped) |

Brown chops in oil. Remove from heat. Add enough water to broth to make 2½ cups liquid. Add honey, garlic salt, ginger. Pour liquid in 12 x 7 baking dish. Add rice, fruit and stir. Arrange chops on top. Cover with foil. Bake at 350° for 50 minutes. Uncover and bake 5-10 minutes until liquid is absorbed.

**BAKED PORK CHOPS****Dorothy Ver Ploeg**

- |                         |            |
|-------------------------|------------|
| 4 (1" thick) pork chops | ½ cup rice |
| 1 can tomato soup       |            |

Cook rice until partially done. Brown chops on both sides, season with salt and pepper, then place in baking dish. Put partially cooked rice on top of chops. Pour tomato soup over all. Bake at 350° for 1 hour.

**SUPER BURGER****Teresa Willemsen**

- |                       |                   |
|-----------------------|-------------------|
| 2 lbs. ground pork    | 1½ tsp. salt      |
| ½ cup bread crumbs    | 2 beaten eggs     |
| garlic powder         | 1 tsp. oregano    |
| pepper                | Mozzarella cheese |
| ½ cup Parmesan cheese |                   |

Mix all ingredients, except Mozzarella and form thin patties. Put Mozzarella cheese on 1/2 of patties. Then cover each with 2nd patty and seal. Charcoal on grill.

## APRICOT SPARERIBS

Mrs. Walter J. (Johanna) Heyenga  
Cedar Falls, IA

3 lbs. spareribs

2 tsp. salt

6 cups water

Sauce:

1 cup apricot nectar

1 small onion, sliced

1 cup celery leaves

$\frac{1}{4}$  cup chili sauce

$\frac{1}{4}$  cup brown sugar

Mix salt, celery leaves, onion and water in large kettle. Add spareribs, which have been cut in serving size pieces. Cover and bring to boil. Lower heat and cook 1 hour. Drain and place ribs in shallow pan. Cook sauce ingredients to boiling and pour over ribs. Bake at 350° for 40 minutes, turning twice.

## COUNTRY RIBS

Elaine De Boef  
Dr. Joyce Huizer

2½ - 4 lbs. country pork ribs or  
spare ribs, cut in strips 2" wide

1 cup catsup

1 Tbsp. Worcestershire sauce

1 cup water

$\frac{1}{8}$  cup white vinegar

1 Tbsp. sugar

1 tsp. salt

1 tsp. celery seed

Season ribs with salt and pepper, place in shallow roasting pan, meaty side up. Roast in very hot oven 450° 30 minutes. Lower temperature to 350° and continue baking 30 minutes. Spoon off excess fat. Combine remaining ingredients. Bring to boiling and pour over ribs. Continue baking at 350° about 40 minutes, basting with sauce every 15 minutes. If sauce becomes too thick, add more water. This sauce is also pleasant for barbecued chicken or pork chops.

## SWEET-SOUR PORK

Mrs. Lyle Kooiker  
Sioux Center, Iowa

2 lbs. loin of pork (cut in pieces)

1 Tbsp. cooking wine

2 Tbsp. soy sauce

2 Tbsp. flour

1 Tbsp. cornstarch

1 onion (quartered)

1 carrot (sliced)

6 Tbsp. sugar

4 Tbsp. soy sauce

1 Tbsp. cooking wine

2 Tbsp. vinegar

$\frac{1}{4}$  cup tomato sauce

1 Tbsp. cornstarch

1½ cups water

1 to 3 green peppers (cut in pieces)

1 (13½ oz.) can of pineapple chunks (drained)

Fry in electric skillet the first five ingredients. Add the other ingredients except green peppers and pineapple. Simmer for 1 to 1½ hours. Just before serving, add the green pepper and pineapple. Serve with rice or noodles.



## CHICKEN NORRO

Madge Marmaduke  
Amarillo, Texas

4 to 6 chicken breasts  
onions, sliced thin  
olives, green or black

1 jar marinated artichoke hearts  
1 can mushroom soup  
salt and pepper

Butter bottom of casserole. Place in layers: onions, chicken, olives, artichoke hearts. Season. Spoon soup over. Cover and bake at 325° for 1½ hours. Remove cover, pour a touch of sherry or white wine over and let brown.

## SPICY OVEN FRIED CHICKEN

Mary Wilson  
Bennett, Iowa

½ cup corn meal  
½ cup flour  
1½ tsp. salt  
1½ tsp. chili powder

¼ tsp. pepper  
2 to 3½ lb. fryer cut up  
½ cup milk  
⅓ cup oleo melted

Combine dry ingredients. Dip chicken in milk. Coat with corn meal mixture. Place skin side up in large pan. Drizzle with oleo. Bake 375° 50-55 minutes or until done.

## OVEN FRIED CHICKEN

Jo Ellen Krug

2 cups stale bread crumbs, grated  
in blender  
¾ cup grated Parmesan cheese  
1 clove garlic, crushed (or  
garlic powder)

2 tsp. salt  
⅛ tsp. pepper  
1 or 2 fryers, cut up  
1 cup melted butter or margarine

Mix bread crumbs, cheese, garlic, salt and pepper. Dip chicken pieces in butter, then in crumb mixture, coating well. Arrange in open shallow pan. Pour remaining butter over all. Bake at 350° for 1 hour or until fork tender. Baste frequently with drippings. Crumb mixture can be made anytime and stored in freezer.

## CHICKEN MARITZA

Rebecca Collins

1 whole chicken  
1 onion, chopped  
3 pkgs. powdered beef bouillon

sweet basil  
¼ cup margarine  
½ cup water

Rub the chicken all over with the beef bouillon and the sweet basil. Place onion in the cavity of the chicken. Place margarine and water in pan. Bake uncovered at 350° for three hours, turning once and adding additional margarine and water if necessary.

This makes a very tender and flavorful chicken. It is a favorite in our family, and is named after the inventor of the recipe, a family friend.

## **CORNISH HENS** **With Mushroom/Liver Stuffing**

**Suzanne Farver**  
**Denver, Colorado**

- |                                 |                               |
|---------------------------------|-------------------------------|
| 2 Cornish game hens             | ¼ tsp. salt                   |
| 1½ Tbsp bread or cracker crumbs | 3 to 4 gratings fresh peppers |
| 2 livers from the hens, chopped | 1 Tbsp. butter                |
| ½ cup fresh mushrooms, chopped  | 2 Tbsp. butter, melted        |
| ⅛ tsp. garlic powder            | ¼ cup dry Vermouth            |
| 1 Tbsp. pinon nuts              |                               |

Wash birds and pat dry. Combine next 7 ingredients for stuffing and stuff the birds. Pack tightly. Brown the birds over medium heat in an oven-proof casserole using 1 Tbsp. butter. Bake at 325° for 1½ hours or until very tender, basting every 20 minutes with a mixture of the melted butter and Vermouth. May serve plain or with the following sauce.

**Sauce:** ½ cup heavy cream  
⅔ cup madeira salt & pepper to taste

Remove birds from casserole. Deglaze the casserole with the madeira. Over medium heat, stir in, a little at a time, the cream. If you wish a thicker sauce, thicken with a little cornstarch dissolved in water. Coat birds with a little sauce and serve remainder in sauce boat.

## **CANTONESE TURKEY**

**Mrs. Lyle Kooiker**  
**Sioux Center, Iowa**

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 2 green peppers (cut in strips) | ½ tsp. onion salt                |
| ½ cup butter                    | 2 (7 oz.) bottles 7-Up (1⅔ cups) |
| 6 Tbsp. flour                   | 1 cup half and half              |
| ¼ cup diced pimientos           | 6 cups diced turkey              |
| 2 Tbsp. Worcestershire sauce    |                                  |

Saute peppers in butter (approximately 5 minutes). Mix in flour, blend thoroughly. Add pimento, Worcestershire sauce and onion salt. Stir in 7-Up and cream. Continue stirring until mixture thickens. Add turkey until thoroughly heated. Serve over rice or noodles.

## **STUFFED CHICKEN BREASTS (microwave)**

**Ruth Ann Kuhn**  
**Becky McCaskey, Athens, Georgia**

- |                                     |  |
|-------------------------------------|--|
| 1 cup crushed seasoned stuffing mix | 2 slices (1 oz. each) Old English process cheese |
| 1 Tbsp. dried parsley flakes        | 2 whole chicken breasts (4 halves)               |
| ¼ cup melted butter                 | 2 slices boiled ham                              |
| ½ cup grated Parmesan cheese        |  |

Combine stuffing, Parmesan cheese and parsley. Cut chicken breasts in half and remove bone. (This gives you 4 long halves.) Dip chicken in butter, then roll in crumb mixture. Take half a slice each of ham and cheese; wrap breast around and place skin side up in 9-inch glass baking dish. Repeat with 3 remaining breasts. Sprinkle crumbs and butter over top of chicken. Cook covered with wax paper for 10 minutes on high. Serves 4.

## CHICKEN with Cashews or Almonds

Kim Tram McClellan  
Miami, Florida

1 lb. chicken breast, skinned,  
boned and diced  
1 tsp. light soy sauce  
2 tsp. cornstarch  
2 tsp. sherry  
½ tsp. salt  
peanut oil  
1 cup bamboo shoots, diced  
1 red or green pepper, diced

1 stalk celery, diced  
4 oz. can button mushrooms,  
quartered  
1 cup cashew nuts or almonds  
**Gravy Thickening:**  
1½ tsp. cornstarch  
½ tsp. sugar  
1 tsp. light soy sauce  
3 Tbsp. water

Combine chicken cubes with soy sauce, cornstarch, sherry, salt and 1 Tbsp. oil; set aside. Mix together gravy thickening, set aside. Cook separately the bamboo shoots, pepper, celery and mushrooms with ½ Tbsp. oil in WOK each time; stir-frying each for 1 minute with a dash of salt and a sprinkling of water. Remove, set aside. Heat 2½ Tbsp. oil until hot, and stir-fry chicken quickly over high heat. Add liquid from vegetables, then cooked vegetables, and stir well. Add gravy thickening, stir again. Garnish with nuts. Serve immediately.

## JUST ANY CHICKEN

Shirley Korver  
Paramount, Calif.

1 cut-up fryer  
1 can Golden Mushroom soup

1 pkg. onion Cup of Soup

In a 2 qt. baking dish spread 1/2 can of soup (undiluted). Arrange chicken in dish skin side down with the thicker portions to outside of dish. Spread remaining 1/2 can soup on top. Cover with wax paper. Cook in microwave on high for 1/2 the cooking time (7 minutes per pound.) Turn chicken over. Sprinkle Cup of Soup on top. Cover with wax paper and cook second half of cooking time. Let stand 5 min.

## GARDEN CHICKEN

Mavis Geisler  
Swea City, Arizona

2 lbs. chicken breasts (broiler size)  
2 Tbsp. olive oil  
2 tsp. honey  
4 Tbsp. soy sauce  
1 cup water

1 medium head cabbage, shredded  
4 large carrots, sliced  
4 stalks celery, sliced  
1 green pepper, cut in strips  
onion (if desired)

Bone chicken breasts and cut into 1" chunks. Preheat a large electric frying pan to 350°; stir-fry chicken in olive oil until it is white and firm. Lower heat. Stir in honey and soy sauce. Add water; then vegetables. Bring to a boil, reduce heat and simmer for 30 to 40 minutes or until chicken is tender and vegetables are tender-crisp. (May use a heavy skillet over medium heat in place of electric frying pan.) Serves 4.



## SWEET AND SOUR CHICKEN DINNER

Beth Van Dusseldorp

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 6 carrots                         | 1 (10 oz.) jar sweet and sour sauce |
| ½ cup finely cut green pepper     | 1 (15 oz.) can pineapple chunks     |
| ½ cup finely cut onion            | drained                             |
| 3 chicken breasts, cut lengthwise | 3 Tbsp. cornstarch                  |
| ½ tsp. salt                       | 3 Tbsp. cold water                  |

Cut carrots into ½-inch chunks. Place in crock pot carrots, green peppers and onions. Top with chicken breasts. Season with salt. Add sweet 'n sour sauce and pineapple. Cook on low heat 7 to 8 hours or on high for 3½ to 4 hours. Remove chicken and keep warm. Blend cornstarch and water; add to juices and cook on high until thickened. Pour sauce over chicken. Serve over rice.

## CHICKEN BREASTS

Jennie De Bruin

- |                             |                                    |
|-----------------------------|------------------------------------|
| 6 whole broiler breasts     | 2 tsp. paprika                     |
| 2 cups sour cream           | 4 cloves garlic, finely chopped or |
| ¼ cup lemon juice           | ½ tsp. garlic salt                 |
| 4 tsp. Worcestershire sauce | 4 tsp. salt                        |
| 4 tsp. celery salt          | ½ tsp. pepper                      |

Cut broiler breasts in half and wipe with towel. Combine all the other ingredients and soak breasts in this mixture overnight, covering all sides.

Next day roll in fine bread crumbs (approximately 1½ cups). Place in baking pan. Melt ½ cup oleo and ½ cup shortening and pour over all. Bake at 350° for 45 minutes. Note: Also good using a whole chicken cut in pieces.

## EASY ROAST CHICKEN AND ALMONDS

Verla Wehde  
Crystal Lake, Ill.

Vivian Rasmussen, Manilla, Ia.

- |   |                                     |
|---|-------------------------------------|
| 2 frying chickens, cut into<br>serving pieces | 1 (10½ oz.) can cr. of chicken soup |
| salt and pepper                               | 1 (10½ oz.) can cr. of celery soup  |
| 1 (5½ oz.) pkg. slivered almonds              | ¼ cup dry white wine or             |
| 1 (10½ oz.) can cream of<br>mushroom soup     | Vermouth                            |
|   | Parmesan cheese                     |

Reserve necks and backbones from chicken parts and save for another use. Season chickens with salt and pepper. Lay in shallow baking dish (9x13). Cover with two-thirds of the almonds. Mix the 3 cans of soup together with the wine. Pour over the chicken and almonds. Sprinkle Parmesan cheese and remainder of almonds over top. Bake at 350° for 2 hours, uncovered. Serves 6 - 8.

**Variation:** use chicken breasts (8). Omit wine and cheese, add ½ cup sherry during last ½ hour.

## EASY CHICKEN IN WINE

Joan Sprague

- |   |                         |
|---|-------------------------|
| 3 or 4 whole chicken breasts -<br>cut in half | 2 Tbsp. water           |
| 1 cup burgundy wine                           | 1 garlic clove - minced |
| ¼ cup soy sauce                               | 1 tsp. ginger           |
| ¼ cup salad oil                               | ¼ tsp. oregano          |
|   | 1 Tbsp. brown sugar     |

Place chicken breasts in one layer in shallow baking pan. Mix together all other ingredients. Pour sauce over chicken. Cover with foil. Refrigerate. (If you leave it all day, it helps to spoon sauce over chicken a couple times.) When ready to bake, again spoon sauce over chicken and bake at 375° for 1¼ hours, covered with foil. Serves 6.

## HADDOCK ITALIANO

Judi Menninga

- |                              |                                    |
|------------------------------|------------------------------------|
| 1 lb. frozen Haddock fillets | 1 cup spaghetti sauce              |
| ¼ tsp. dried basil           | 1 can mushrooms (drained)          |
| 2 Tbsp. chopped onion        | 4 oz. Mozzarella cheese (shredded) |
| 1 Tbsp. water                |                                    |

Thaw fish and separate. Place in glass baking dish. Sprinkle with basil and onion. Pour spaghetti sauce, water and mushrooms (a little chopped green pepper, optional) over fish. Bake at 350° for 30 minutes. Top with cheese and return to oven until cheese melts. 4 servings.

## OYSTERS MOSCA

Barbara Bush  
Metairie, LA

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 4 doz. oysters and liquid        | ¼ tsp. red pepper                     |
| 1 large onion, chopped           | salt and pepper to taste              |
| 1 stick butter                   | bread crumbs (preferably<br>seasoned) |
| ½ tsp. thyme                     | 2 slices bacon, crumbled              |
| ¾ tsp. oregano                   | few almonds, crushed                  |
| 3 toes garlic (or 1 tsp. powder) | Parmesan cheese                       |
| 2 Tbsp. parsley, chopped         |                                       |

Fry bacon in large skillet. Remove from pan. Drain grease. Melt butter in skillet. Saute onion in butter. Add seasonings.

Drain oysters, reserving liquid. Add oysters to seasonings in skillet. When edges curl, add 1 - 2 cups oyster liquid.

Fold crumbled bacon, bread crumbs, and almonds into oyster mixture. Adjust proportion of crumbs and oyster liquid. A very moist dressing consistency is desirable.

Put mixture into casserole or individual ramekins. Sprinkle with Parmesan cheese. Bake at 350° for 15-20 minutes. Additional baking may be necessary for casserole. Note: Oysters should be fresh. Southerners prefer Italian seasoned bread crumbs for additional flavor. Garlic toes are a must!

## SCALLOPED OYSTERS

Jen Andeweg

2½ cups coarse soda cracker  
crumbs  
1 pint oysters, drained  
¼ cup oyster liquor  
¾ cup light cream

1 tsp. Worcestershire sauce  
½ tsp. salt  
⅛ tsp. pepper  
⅓ cup butter or oleo

Arrange 1/3 of the crumbs in well-buttered shallow 1 qt. baking dish. Cover with half of the oysters; repeat layer of crumbs and remaining oysters.

Blend liquids and seasonings; pour over oysters. Cover with remaining crumbs and dot with butter. Bake in 350° oven about 45 min. Makes 4 -5 servings.

## BAKED FISH

Jean Stanley  
Muscatine, IA

1 small onion, chopped  
½ cup mushrooms, sliced  
2 Tbsp. oil or margarine  
2 Tbsp. flour  
½ tsp. salt  
dash pepper

dash paprika  
1 cup milk  
½ tsp. Worcestershire sauce  
2 cups white fish, cooked  
grated cheese or cracker crumbs  
or bread crumbs

Cook fish while making sauce. To make sauce, saute onion and mushrooms in oil; stir in flour and seasonings. Cook until bubbly; add milk and Worcestershire sauce. Cook sauce until thickened. Pour sauce over fish that has been placed in a greased casserole. Top with cheese or crumbs. Bake at 400° 10 minutes. Serves 6.

## BAKED FISH (microwave recipe)

Beatrice Aalbers

1 lb. Ocean Perch  
¼ cup French dressing

½ cup corn flake crumbs

Roll fish in French dressing, then in corn flake crumbs. Arrange single on plate or baking dish and bake 6 minutes on high.

## MICROWAVE FISH

Judy (Mrs. John) Grooters  
Dallas, Texas

1 lb. Turbot or white fish  
1 Tbsp. butter, melted  
1 Tbsp. lemon juice

½ cup green onions, sliced  
½ cup mushrooms, sliced

Place fish on glass or plastic serving dish. Sprinkle with butter and lemon juice. Top with onions and mushrooms. Cover loosely with Saran Wrap. Cook 7 minutes on high.



## SALMON LOAF

Mrs. Walter Heyenga, Cedar Falls, IA.  
Shirley Korver, Paramount, CA

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 1 (lb.) can red salmon (or tuna) | ¼ tsp. salt                           |
| 2 eggs, lightly beaten           | 2 Tbsp. chopped onion                 |
| 1 cup soft bread crumbs          | 2 tsp. lemon juice                    |
| ¼ cup evaporated milk            | 1 (12 oz.) jar pimentos, diced (opt.) |
| ½ cup diced celery               | chives (optional)                     |

In medium mixing bowl combine salmon, eggs, bread crumbs, milk, celery, salt, onion, lemon juice and diced pimento. Arrange in 6-cup plastic ring dish. Decorate top with pimento strips, sprinkle with chives. Microwave (high) 7-9 minutes rotating 1/4 turn halfway through cooking. Rest 5 minutes. Serve with creamed peas or dill sauce.

### Dill Sauce:

- |                   |                  |
|-------------------|------------------|
| 1 can celery soup | ½ tsp. dill weed |
|-------------------|------------------|

Mix and microwave (high) 2-3 minutes, stirring until heated. Serve warm. **Variation:** Arrange salmon mixture in 9" pie dish in ring fashion with a custard cup (open end up) in center. Before serving, remove custard cup and fill center with Green Giant frozen peas cooked according to package directions. Serve with Cheddar soup on top of salmon loaf.

## GLACIER SALMON

Dr. Helen J. Hislop, Downey, California

Select a nice-looking, good-size salmon. (This recipe is for about an 8 pounder.)

Scale fish, remove fins, tail, head. With a filet knife (very sharp) peel back the skin beginning at the belly and moving toward spine. Leave some meat (about 1/8") attached to skin. Be careful to not puncture skin. Skin both sides in same manner. When finished, lift skin from backbone in one piece. Set skin aside for now.

Filet the salmon meat away from spine and discard bones. Cut the meat into cubes (3/4"), and place in large mixing bowl. To cubed salmon add:

- |                              |                               |
|------------------------------|-------------------------------|
| ⅓ cup fine, dry bread crumbs | 1 Tbsp. cut-up chives         |
| ½ cup light cream            | 1 tsp. dried crushed tarragon |
| ½ cup melted butter          | salt and pepper to taste      |
| 1 Tbsp. chopped parsley      |                               |

Stir well.

Lay skin out flat, meat side down. Brush with Mazola (or other) oil. Turn skin side down. Place diced salmon mixture onto one half, mounding it to resemble shape of original fish. Pat down to fit skin. Fold other half of skin over the filling. Soak a long piece of cotton string in cooking oil for a few minutes. Tie the soaked string around the salmon in several places to keep shape during baking.

Place fish in large baking pan lined with foil. Partially cover fish with foil. Bake in oven at 325° for 1 hour. Remove string and place on serving plate. Garnish with lemon and parsley if desired — especially where fins and tail were removed. Cut into slices for serving. Serves 10 -12.





# Village of Volendam



## Casseroles

Edited by Elsie Whalley







## HOT PEANUT CHICKEN SALAD

Mrs. Robert (Marie) Vance  
Sun City, Arizona

- |  |  |
|--|--|
| 1/2 to 3/4 cup chopped peanuts (or<br>dry roasted cut up in grinder) | 3/4 cup mayonnaise                                 |
| 2 1/2 cups cold diced chicken  | 1 cup drained mushroom stems                       |
| 1/4 cup chopped green pepper   | 1 can cream of mushroom or<br>cream of celery soup |
| 1/4 cup diced onion  | 1 cup grated cheddar cheese                        |
| 1 1/2 cups cooked rice   |  |

Mix mayonnaise with soup — mix all together. Put peanuts on top. Bake at 400 degrees for 30 minutes. Serves 6-8.

## HOT CHICKEN SALAD

Elma Boerefyn

- |                          |                     |
|--------------------------|---------------------|
| 3 cups diced chicken     | 1/2 tsp. salt       |
| 2 cups diced celery      | 2 Tbsp. lemon juice |
| 1/2 cup slivered almonds | 1 cup mayonnaise    |

Combine all ingredients and place in an ungreased casserole. Bake at 450° for 15 minutes. This cooks the celery just enough to be tender yet still crisp. It's a very filling dish.

## CREAMY CHICKEN CASSEROLE

Sheila Helm

- |   |  |
|---|--|
| 1 (6 oz.) pkg. elbow macaroni                             | 1 cup milk   |
| 2 cups diced, cooked chicken                              | 1 (3 oz.) can sliced mushrooms<br>drained          |
| 4 oz. (1 cup) shredded sharp<br>processed American cheese | 1/4 cup chopped pimiento (opt.)                    |
| 1 can condensed cream of chicken<br>soup                  | 1 oz. (1/4 cup) shredded sharp<br>processed cheese |

Cook macaroni in boiling water till tender (about 6 min.) Rinse with cold water, drain. Combine chicken, the 1 cup cheese, the chicken soup, milk, mushrooms, pimiento and pasta. Turn into 2 qt. casserole dish and bake, covered, in 350° oven for 50 to 60 min. Uncover, top with remaining cheese and return to oven till cheese melts.

## BAKED CHICKEN CASSEROLE

Judi Menninga

- |                       |                              |
|-----------------------|------------------------------|
| 2 Tbsp. butter        | 1 cup milk                   |
| 1 tsp. curry powder   | 1 can cream of mushroom soup |
| 1 apple, chopped fine | 1 chicken, cut in pieces     |
| 1 onion, chopped fine | paprika, salt, pepper        |

Saute in skillet first four ingredients until onion is transparent. Add milk and mushroom soup. Sprinkle paprika, salt and pepper on chicken and place in greased casserole. Pour sauce over chicken. Bake, uncovered, at 350° for 1 1/2 hours.

## CHICKEN TETRAZZINI

Verla Wehde  
Crystal Lake, Ill.

Cook an approximately 4 lb. chicken and bone; reserve broth.

Cook and drain  $\frac{1}{2}$  lb. small spaghetti or 16 oz. package of frozen, homemade type noodles.

In 3 Tbsp. butter or margarine, saute  $\frac{1}{2}$  lb. sliced mushrooms sprinkled with 1 Tbsp. lemon juice. Make sauce with following:

3 Tbsp. butter	$\frac{1}{8}$ tsp. nutmeg
2 Tbsp. flour	1 cup cream
$\frac{1}{2}$ tsp. salt	2 cups chicken broth
dash of paprika	$\frac{1}{4}$ cup cooking sherry (optional)
$\frac{1}{4}$ tsp. pepper	

Combine sauce and boned chicken and mushrooms. Pour sauce over cooked spaghetti or noodles and toss. Pour into 9x13 baking dish. Sprinkle with  $\frac{3}{8}$  cup Parmesan cheese. Bake at 400° for 30 minutes. Dish may be made a day ahead and refrigerated until baking time. Serves 6.

## CHICKEN CASSEROLE (with bread dressing)

Mrs. Edwin (Luella) Mulder  
Holland, Mich.

1 can sliced water chestnuts	$\frac{1}{2}$ cup mayonnaise
1 can cream of mushroom soup	3 cups cooked chicken cut up
2 Tbsp. chicken broth	1 (10 $\frac{1}{2}$ oz.) can chicken gravy
fresh or canned mushrooms (opt.)	$1\frac{1}{2}$ cups stuffing mix

Butter a 1 $\frac{1}{2}$  quart casserole (about 7x11). Mix together the water chestnuts, mushroom soup, chicken broth, mayonnaise, and chicken. Sprinkle  $\frac{1}{2}$  of the dry dressing over bottom of casserole. Spoon chicken mixture over dressing; add remaining dressing on top. Bake at 350° for 40 minutes. Heat gravy with mushrooms and serve over each portion. (The gravy may be made from slightly thickened chicken broth.) Serves 4 to 6.

## TORTILLA CHEESE BAKE

Madge Williams  
Huntington Park, CA

4 chicken breasts	1 small onion, grated
1 pkg. (12) corn tortillas	1 (7 oz.) can chili sauce
1 can cream of chicken soup	1 (7 oz.) can diced green chilis
1 can cream of mushroom soup	1 lb. cheddar cheese, grated
1 cup milk	

Cook chicken breasts and cut into large pieces. Mix together the soups, milk, onion, chili sauce and chilis. Cut tortillas into 1" pieces. Put 2 Tbsp. chicken broth in bottom of a 9x13 baking dish. Put in a layer of tortillas, cover with some of the soup mixture and  $\frac{1}{2}$  cup of cheese. Layer this way until all is used ending with soup mixture. Top with cheese. Refrigerate for 24 hours. Bake at 325° for 1 $\frac{1}{2}$  hours, uncovered.

## **CURRIED ESCALLOPED CHICKEN**

**Mrs. Carl Gaass**

- |                               |                               |
|-------------------------------|-------------------------------|
| 3 to 4 lbs. chicken, cut up   | ½ tsp. curry powder           |
| 2½ cups water                 | 1 tsp. monosodium glutamate   |
| 1 tsp. salt                   | 6 slices toasted bread, cubed |
| 1 Tbsp. instant minced onions | 2 Tbsp. cornstarch            |
| 1 Tbsp. celery flakes         |                               |

Cook chicken, water and spices until tender. Bone and cube cooled chicken reserving skin, heart and gizzard. Cool broth and remove all fat.

Thicken 3 cups broth with cornstarch. In large bowl, combine chicken, toast cubes and enough gravy to be well moistened.

Butter 9x13 pan and spread with chicken mixture.

Run skin, heart and gizzard through meat grinder and sprinkle over top. Cover generously with finely crushed potato chips. Bake uncovered 1 hour at 325-350°. Serves 12.

## **CHICKEN CASSEROLE**

**Muriel Humphrey**

- |   |  |
|---|--|
| 3 cups white meat, from chicken breasts | ¾ pkg. Pepperidge Farm Herb Stuffing Mix |
| 1 can mushroom soup                     | ¼ lb. melted butter or margarine         |
| ½ pint sour cream                       | 1 cup hot water                          |

Put first 3 ingredients in greased casserole. Sprinkle with dressing. Melt butter in hot water and pour over top. Bake uncovered at 375° for 30 minutes.

## **HAMBURGER NOODLE CASSEROLE**

**Karen Den Adel**

- |                          |                              |
|--------------------------|------------------------------|
| 1 lb. hamburger, browned | 1 can tomato soup            |
| 1 cup noodles, cooked    | ½ can water                  |
| 1 can corn, drained      | salt, pepper, onion to taste |

Bake 1 hour at 350 degrees.

## **SPAGHETTI AND MEATBALLS**

**Jennie De Bruin**

### **Meatballs:**

- |                              |   |
|------------------------------|---|
| 1 lb. ground beef            | ½ tsp. pepper                                   |
| 1 cup bread crumbs (approx.) | dash of onion salt, celery salt and garlic salt |
| 1 Tbsp. Parmesan cheese      | ½ tsp. Tabasco (approx.)                        |
| 1 well-beaten egg            | 1 tsp. Worcestershire sauce                     |
| 1 tsp. salt                  |   |

Mix ingredients, shape into balls and brown in 3 Tbsp. hot shortening. Add 1 chopped onion and brown. When browned add: 1 can (12 oz.) tomato paste, 2 cups tomato juice and 1 cup water. Add a little salt and pepper, squirt of Tabasco, ¼ tsp. Accent, 1 Tbsp. sugar, ½ tsp. Worcestershire sauce. Stir well and simmer for at least 1 hour, longer is better. Cook spaghetti according to directions on package. Serve hot.



## SPAGHETTI CASSEROLE

Diane L. Steenhoek

1 lb. hamburger  
chopped onion  
1 can tomato paste  
stewed tomatoes, drained (opt.)

4 oz. can mushrooms (opt.)  
grated cheese  
cooked spaghetti (or noodles)

Fry hamburger with chopped onions. Drain grease and add tomato paste, stewed tomatoes, mushrooms and some grated cheese. Cook spaghetti and add hamburger mixture and place in casserole dish. Top with more grated cheese. Bake covered with aluminum foil at 325° or 350° for 30 minutes.

## PIZZA CASSEROLE

Josephine De Jong  
Beth De Boer

2 lbs. ground beef, browned  
¼ green pepper, cooked and salted  
1 large pkg. "curly" noodles  
(cooked and drained)  
2 cans mushroom soup  
1 can tomato soup

1 can spaghetti sauce  
¼ tsp. garlic salt  
½ tsp. oregano  
1 container cottage cheese  
(added at end)

Mix ingredients and sprinkle Parmesan cheese on top. Bake covered at 325° for 45 minutes. Uncover and bake 15 minutes more.

## BEEF STROGANOFF

Jenny Van Veen

1 lb. ground beef  
chopped onion (to taste)  
1 (8 oz.) carton sour cream  
1 can mushroom soup

¼ cup catsup  
1 can biscuits  
Parmesan cheese, grated

Brown ground beef and onion. Drain off fat. Add sour cream, soup and catsup. Put in casserole. Cover with biscuits, sprinkle with cheese. Bake at 375° for 15 to 20 minutes.

## LASAGNA HOT DISH

Harriet Heusinkveld

1 lb. ground beef  
salt to taste  
pepper  
1 small onion, diced  
½ to 1 pkg. medium wide noodles

1 (8 oz.) carton plain yogurt  
1 small carton cottage cheese  
grated American cheese  
1 large can tomato sauce or 2  
cans tomato soup

Brown ground beef and onions. Add tomato sauce. Cook noodles and arrange in layers in bottom of buttered baking dish.

Blend yogurt, cottage cheese and grated American cheese. Spread cheese mixture over noodles and put tomato and beef mixture on top. Bake 350° 25-30 minutes. Serve 6-8.

## BAKED CHOW MEIN CASSEROLE

Wilma Rempe  
Eileen Hessing, Shari Van Rees, Elma Boerefyn

- |                              |                                   |
|------------------------------|-----------------------------------|
| 1½ lbs. ground beef          | ½ cup milk                        |
| 1 large onion, chopped       | 2 Tbsp. soya sauce                |
| 1 cup diced celery           | ½ cup slivered almonds (optional) |
| 1 cup dry rice, cooked       | 1 can water chestnuts, sliced     |
| 1 can cream of mushroom soup | 1 can chow mein noodles           |
| 1 can cream of chicken soup  |                                   |

Cook rice according to package directions. Brown beef and onions. Drain off fat. Simmer celery in water 5 minutes; drain. Mix beef, celery, rice, soups, milk, soya sauce, nuts and chestnuts. Place in buttered casserole. (May be refrigerated overnight.) Bake at 350° for 1 hour. Sprinkle top with chow mein noodles last 10 minutes.

## HARVEST ZUCCHINI CASSEROLE

Josephine De Jong  
Marla Kuempel, Oregon

- |                                   |                           |
|-----------------------------------|---------------------------|
| 6 cups zucchini, cut in ¼" rounds | ¼ tsp. basil              |
| 1 lb. ground beef                 | ¼ tsp. pepper             |
| 1 cup onion, chopped              | 2 cups cottage cheese     |
| 1 cup instant rice                | 1 can mushroom soup       |
| 1 tsp. garlic salt                | 1 cup grated sharp cheese |
| 1 tsp. crushed oregano            |                           |

Cook zucchini until tender in water. Cook beef with onion. Add rice and seasonings. Place zucchini in bottom of 2½ qt. dish. Cover with beef mixture and "spoon over" cottage cheese. Spread soup over all. Bake uncovered at 350° for 35 to 40 minutes. Sprinkle with cheese.

## TAMALE PIE

Emma Lou Heusinkveld

- |   |                       |
|---|-----------------------|
| 1 lb. hamburger                           | ½ cup corn meal       |
| 1 small onion, chopped                    | 1½ cups boiling water |
| 1 small green pepper or pimiento, chopped | 1 tsp. salt           |
| 2 cups tomato sauce                       | ½ cup grated cheese   |
| salt, paprika, Tabasco sauce              | ¼ cup chopped olives  |

Brown meat, drain off fat, add onion and pepper and cook until they are tender. Add tomato sauce and seasonings to suit your taste. Sprinkle corn meal in boiling salted water in top of double boiler, stir until thickened, then place the top of the double boiler over boiling water and cook 20 minutes. Line greased baking dish with half of corn meal mush. Fill with meat mixture, sprinkle with cheese and olives. Cover with remainder of mush. Heat in moderate oven (350 degrees) about 15 minutes. Eight servings.

## LENTILS AND BEEF

Jean Stanley  
Muscatine, Iowa

- |                          |                       |
|--------------------------|-----------------------|
| 1½ cups lentils, rinsed  | 2 Tbsp. rice          |
| 1 quart boiling water    | 1 tsp. sugar          |
| 2 Tbsp. oil or margarine | 1 tsp. salt           |
| 2 medium onions, chopped | 1 tsp. cumin, ground  |
| 1 clove garlic, minced   | ½ tsp. pepper         |
| 1 lb. ground beef        | 1 Tbsp. cider vinegar |
| 2 beef bouillon cubes    | parsley to garnish    |

Cook lentils in boiling water for 20 minutes. Drain, reserve liquid. Saute oil, onions and garlic; stir in beef and brown well. In reserve liquid, dissolve bouillon cubes. Add liquid to meat. Cover and simmer 10 minutes. Stir in lentils, rice, sugar, salt, cumin and pepper. Simmer for 30 minutes or until lentils are tender and liquid is absorbed. Stir in vinegar. Garnish with parsley.

## TULIP TIME HOT DISH

Norma Ver Helst

- |                         |                              |
|-------------------------|------------------------------|
| 1 lb. ground beef       | ½ cup rice                   |
| ¼ cup diced onions      | 2 cups water                 |
| ¼ cup diced celery      | 2 Tbsp. Worcestershire sauce |
| 1 can chicken rice soup | 2 Tbsp. soya sauce           |
| 1 can mushroom soup     |                              |

Brown hamburger, celery and onions. Place hamburger mixture in casserole, combine remaining ingredients. Bake 325° 1 hour or until consistency to serve. Double recipe for 11 x 14 pan.

## EASY BEEF GOULASH (microwave)

Angie VanDenBerg

- |                         |                            |
|-------------------------|----------------------------|
| 1 lb. ground beef       | 1 can (8 oz.) tomato sauce |
| 3 cups uncooked noodles | 1 envelope dry onion soup  |
| 2 cups water            |                            |

Crumble ground beef into 2 qt. glass casserole. Microwave high uncovered 5-6 minutes or until meat is set, stirring once. Drain, stir in remaining ingredients. Cover with lid or plastic wrap. Microwave high 14-16 minutes or until noodles are tender, stirring twice. 4 - 5 servings.

## MEAT DISH

Ardyce Roehr  
Mary Jane Banfield

- |   |                             |
|---|-----------------------------|
| 1 (7 oz.) pkg. shell macaroni<br>(cooked) | can cream of chicken soup   |
| can corned beef                           | 1½ cup milk                 |
| ½ lb. grated processed cheese             | ½ cup chopped onion         |
|   | ¾ cup buttered bread crumbs |

Mix ingredients except bread crumbs and put in casserole dish. Sprinkle crumbs on top and bake 350° for 1 hour.



## CORNEB BEEF AND CABBAGE

Jean Stanley  
Muscatine, Iowa

- |   |  |
|---|--|
| 1 can corned beef                             | 1 small onion, chopped                       |
| 1 medium sized cabbage, sliced<br>or shredded | $\frac{1}{4}$ cup water or tomato juice      |
|   | $\frac{1}{2}$ cup shredded cheese (any kind) |

In silverstone pan brown corned beef and onion slightly. Cover with sliced or shredded green cabbage, pour in water or tomato juice, and sprinkle with cheese. Cover and steam 10 to 15 min. or until cabbage is tender.

## REUBEN CASSEROLE

Mary Jane Banfield  
Kathy Blom

- |  |   |
|--|---|
| 4 cups (2 lbs.) drained and rinsed<br>sauerkraut | $\frac{1}{3}$ cup bottled Thousand Island<br>dressing |
| 1 tsp. caraway seed                              | 1 pkg. (4 oz.) sliced Swiss cheese                    |
| 1 can (12 oz.) corned beef, cut<br>into 6 slices | 2 slices rye bread, toasted & cubed                   |
|  | 2 Tbsp. chopped parsley                               |

Preheat oven to 350°. Spread sauerkraut in shallow baking dish; sprinkle on caraway seed. Arrange corned beef slices on sauerkraut; spoon on dressing. Place slice of Swiss cheese on each piece of corned beef. Sprinkle on bread cubes. Bake about 20 minutes or until hot. Serves 4 - 6. Garnish with parsley.

**Variation:** Use thinly sliced (12 oz. can) luncheon meat in place of corned beef.

## GERMAN BEEF STEW

Lila Turnbull

- |   |  |
|---|--|
| 1 $\frac{1}{2}$ lbs. stew meat (cut in<br>1" cubes) | 2 beef bouillon cubes                            |
| 2 Tbsp. cooking oil                                 | 1 small bay leaf                                 |
| 1 lg. apple, pared & shredded<br>(1 cup)            | $\frac{1}{8}$ tsp. dried thyme, crushed          |
| 1 med. carrot, shredded ( $\frac{1}{2}$ cup)        | 4 tsp. cornstarch                                |
| $\frac{1}{2}$ onion, sliced                         | $\frac{1}{4}$ cup cold water                     |
| $\frac{1}{2}$ cup water                             | $\frac{1}{4}$ tsp. Kitchen Bouquet               |
| $\frac{1}{3}$ cup dry red wine                      | 4 cup medium egg noodles<br>(cooked and drained) |
| 1 clove garlic, minced                              | $\frac{1}{4}$ tsp. poppy seeds                   |

Brown meat in hot oil. Add apple, carrot, onion,  $\frac{1}{2}$  cup water, wine, garlic, bouillon cubes, bay leaf and thyme. Cover and cook over low heat for 2 hours or until beef is tender. Remove bay leaf. Combine cornstarch and  $\frac{1}{4}$  cup water. Add to beef mixture. Cook and stir till thickened. Stir in Kitchen Bouquet. Serve over hot noodles, sprinkled with poppy seeds. Serves 4

## WILD RICE AND BEEF CASSEROLE

Thyrza Steward

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 1 pkg. Lipton onion soup            | 1 can cream of celery soup       |
| $\frac{3}{4}$ cup wild rice         | 1 can mushrooms and liquid       |
| $2\frac{1}{4}$ cups water           | chopped onion, celery and green  |
| $\frac{3}{4}$ cup white rice        | pepper (to taste)                |
| $1\frac{1}{2}$ lbs. cubed stew meat | 1 can water chestnuts (optional) |
| 2 cans cream of mushroom soup       |                                  |

Simmer wild rice, onion soup and water while preparing the rest of the casserole. Butter casserole and put in the remaining ingredients. Add wild rice, mix well. Salt and pepper to taste. Bake at  $350^{\circ}$  for  $2\frac{1}{2}$  hours. If more liquid is needed, add vegetable liquid, water or chicken with rice soup.

## COUNTRY STEW

Sara Caldwell  
Ronda Whitehorn, Grimes, Iowa

- |                        |                        |
|------------------------|------------------------|
| 2 lbs. beef stew cubes | 2 Tbsp. minute tapioca |
| 1 onion                | 1 Tbsp. sugar          |
| 6 carrots, sliced      | 1 cup tomato juice     |
| 2 tsp. salt            | 1 cup water            |

Mix together, cover. Bake  $250^{\circ}$  4 hours.

**Variation:** To the beef cubes add 1 can cream of mushroom soup, 1 can onion soup and 1 (4 oz.) can drained mushrooms. Cook for 5 hours.

## LUNCHEON DISH SUPREME

Mrs. Elmer Hessing

- |                               |                  |
|-------------------------------|------------------|
| $\frac{1}{2}$ lb. pork        | 1 cup celery     |
| $\frac{1}{2}$ lb. beef        | 1 can mushrooms  |
| 2 tsp. oleo                   | 1 can peas       |
| 1 onion                       | 1 cup sour cream |
| 2 cups bread crumbs, buttered | 2 cups noodles   |

Saute beef and pork. Add onion and oleo. Drain peas and mushrooms. Boil noodles in salted water 15 minutes, drain. Place in baking dish in alternate layers of meat, celery, peas, mushrooms, with noodles last. Cover with buttered crumbs. Pour over sour cream. Bake at  $350^{\circ}$  for 1 hour. Serves 10. (4 cups of chicken may be used instead of beef and pork.)

## DELICIOUS LAYERED CASSEROLE

Millie Vande Kieft

Layer each of the following into casserole:

4 to 5 potatoes, sliced	1 lb. ground chuck or Pella
bacon slices	bologna
green pepper	3 Tbsp. raw rice, not instant
Canadian bacon slices	1 can tomato soup
slices of onion	½ can water

Top with slices of cheese, season the layers with salt and pepper. Bake at 350° for 1½ hours or 325° for 2 hours. Note: Amounts of ingredients can be varied according to size of casserole desired.

## FANCY FRANKS CASSEROLE

Sheila Helm

5 or more hot dogs	1 cup water
½ cup minced onions	½ tsp. salt
½ cup minced green pepper	¼ tsp. thyme
1 Tbsp. butter	1 (15 oz.) can tomato sauce with bits
1 pkg. (7 or 8 oz.) macaroni (elbow, shell, corkscrew)	2 cups (8 oz.) diced cheddar cheese
¾ cup instant nonfat dry milk	

Cut the hot dogs in thin diagonal slices crosswise. In skillet cook hot dogs with onion, green pepper and butter until onion is soft. Meanwhile, cook macaroni in salted water according to package directions; drain well. Add macaroni, nonfat dry milk, water, salt and thyme to skillet mixture. Stir gently over low heat to blend thoroughly. Stir in sauce and cheese. Bake in oven at 350° for 20 to 30 minutes.

## PIZZA CASSEROLE

Judi Menninga

8 oz. pkg. wide noodles	½ tsp. salt
15 oz. can tomato sauce	1½ tsp. oregano
¾ cup chopped onion	½ cup green pepper (optional)
¾ lb. American cheese	1½ lbs. Italian sausage, crumbled
½ tsp. pepper	

Cook noodles, drain them. Fry sausage slowly till done. Drain off grease, saute onions in grease. Combine tomato sauce, noodles, sausage, onions and seasonings.

Put 1/2 mixture in 9x13 pan, then put 1/2 of cheese slices or strips on. Add remaining mixture, then remaining cheese. Bake 30-40 min. in 350° oven.



## SPAGHETTI - PIZZA STYLE

Glenda Duven

1 lb. spaghetti  
1 cup milk  
2 eggs, beaten

2 (15½ oz.) cans spaghetti sauce  
1½ cups pepperoni, sliced thin  
2 cups Mozzarella cheese, shredded

Cook and drain spaghetti. Beat milk and eggs and top with spaghetti. Spread mixture in a greased 11x18 pan. Top with spaghetti sauce. Arrange sliced pepperoni over sauce. Sprinkle with shredded Mozzarella cheese. Bake 30 minutes at 350°. Let stand 5 minutes before cutting into squares. Serves 12.

## CHEESY BROCCOLI BAKE

Lori Fegley  
Cedar Falls, Iowa

1 (10 oz.) pkg. of frozen broccoli  
(chopped)  
1 (10¾ oz.) can of cheddar cheese  
soup  
1 cup of cooked rice

1 can of Tender Chunk Ham  
Chicken or Turkey  
½ cup sour cream  
½ cup buttered bread crumbs

Preheat oven to 350°. Cook broccoli until barely tender. Drain well. Stir soup and sour cream together. Add remaining ingredients to soup and sour cream mixture. Put in greased casserole. Sprinkle with bread crumbs. Bake at 350° for 30-35 minutes.

## RUSSIAN CHOW MEIN

Peggy Pierson

2 lbs. cubed pork (or turkey plus  
bouillon cube)  
2 cups chopped onion  
2 cups chopped celery  
2 cans cream of mushroom soup  
2 cans chicken rice soup

1 tall can mushrooms  
1 can pineapple tidbits  
1 cup raw rice  
2 cups water and mushroom juice  
1 cup blanched slivered almonds

Saute meat until browned. Saute onions, celery and mushrooms in butter. Add all but almonds. Bake 1½ hours at 350°. Add almonds last 20 minutes. (1½ recipes fit two 9x12 dishes.) Serves 10-12.

## HASTY SHRIMP CURRY

Mrs. Harry Kuiper

2 Tbsp. butter  
2 cans shrimp soup - undiluted  
2 cups dairy sour cream

4 Tbsp. instant minced onions  
1 tsp. curry powder  
2 (5 oz.) cans canned shrimp

Place butter and shrimp soup in skillet. Heat at a low temperature and stir until smooth. Stir in minced onions, curry powder and shrimp. Cover and heat — do not boil. Add sour cream just before serving. Serve over hot cooked rice. Serves 8.

## TUNA-BROCCOLI CASSEROLE

Verla Wehde  
Crystal Lake, Ill.

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1 (10 oz.) pkg. chopped broccoli | ¼ tsp. dried dill weed          |
| 1 can clam chowder               | 1 (9¼ oz.) can tuna, drained    |
| ⅓ cup Parmesan cheese            | almonds (optional)              |
| 2 Tbsp. lemon juice              | 1 can refrigerator biscuits (5) |
| ½ cup sour cream                 |                                 |

Cook broccoli and drain. Mix all ingredients except biscuits. Put into 2-quart casserole. Bake at 375° for 30 minutes. Top casserole with biscuits cut into fourths. Bake 15 minutes longer.

## TUNA CASSEROLE

Joanne Bowers  
Mission Viejo, Calif.

- |                            |                    |
|----------------------------|--------------------|
| 2 cans (7 oz.) tuna        | 1 tsp. sugar       |
| ½ cup chopped onion        | 1 bay leaf         |
| ¼ cup chopped green pepper | 1 tsp. basil       |
| 1 clove garlic - minced    | ½ tsp. oregano     |
| ½ cup chopped celery       | 1 tsp. lemon juice |
| 6 chopped mushrooms        | 1 pkg. macaroni    |
| 1 (4 oz.) can tomato sauce | Parmesan cheese    |
| 1 (1 lb.) can tomatoes     |                    |

Heat 2 Tbsp. oil from tuna in large skillet. Add onion, green pepper, celery and garlic. Cook over medium heat. Add mushrooms, tomatoes, tomato sauce, bay leaf, salt, sugar, basil, oregano and lemon juice. Simmer covered 20 minutes. Cook macaroni, drain. Mix with the tuna and the sauce. Cook for a few minutes till liquid diminishes. Serve sprinkled with grated cheese. Serves 6.

## TUNA STRATA

Verna Miller  
Shawnee Valley, Kansas

- |                                |                              |
|--------------------------------|------------------------------|
| ½ cup chopped green pepper     | 1 can cream of mushroom soup |
| ¼ cup chopped onion            | ½ cup milk                   |
| 1 Tbsp. butter                 | ¼ tsp. dill weed             |
| 6 slices day-old bread         | ⅓ tsp. pepper                |
| 1 can tuna, drained and flaked | parsley sprigs (optional)    |
| 6 eggs slightly beaten         |                              |

Saute green peppers and onion in butter. Cut bread into ½" cubes. Put half of cubes into greased 8x8x2 baking dish. Sprinkle tuna and green pepper mixture over cubes. Top with remaining cubes.

Blend eggs, soup, milk and seasonings and pour over bread and tuna. Cover, refrigerate several hours or overnight. Bake 350° about 50 minutes.

## SEVEN SEAS CASSEROLE

Mrs. Carl Gaass

- |  |  |
|--|--|
| 1 can cream of mushroom soup<br>(or cream of celery) | 1 tsp. lemon juice                     |
| 1 $\frac{1}{3}$ cup milk                             | 1 can (or $\frac{1}{2}$ lb.) seafood   |
| $\frac{1}{4}$ tsp. salt                              | 1 box frozen peas                      |
| 1 $\frac{1}{3}$ cup (5 oz. pkg.) Minute Rice         | $\frac{1}{4}$ cup finely chopped onion |
|  | grated Cheddar cheese                  |

Cook peas until just tender. Mix soup, milk, salt and onion in saucepan. Bring to boil over medium heat; stir occasionally. Pour about  $\frac{1}{2}$  mixture in greased  $1\frac{1}{2}$  qt. casserole. In layers, add Minute Rice, seafood (if using fresh or frozen seafood, saute 3 minutes in butter) with lemon and peas. Add remaining soup. Top with cheese. Sprinkle with paprika. Cover, bake in moderate oven  $350-375^{\circ}$  for 20 to 30 minutes. Serves 4 to 6.

## VEGETABLE SOUFFLE

Maxine F. Huffman

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 2 cups cubed whole wheat bread      | $\frac{1}{2}$ tsp. garlic powder |
| 1 head broccoli, chopped            | $\frac{1}{2}$ tsp. tumeric       |
| $\frac{1}{2}$ lb. mushrooms, sliced | 1 tsp. sweet basil               |
| 2 stalks celery                     | 5 eggs                           |
| 2 cups grated Colby cheese          | 2 cups milk                      |
| 2 tsps. salt                        | 2 cups Chablis wine              |
| 1 tsp. onion powder                 |                                  |

Mix eggs, milk and wine to make custard sauce. Beat with a wire whip and set aside. Oil baking pan and add in layers: bread, broccoli, seasonings, thin layer grated Colby cheese, celery, mushrooms, rest of Colby cheese, spread evenly.

Pour on custard sauce. Bake at  $375^{\circ}$  for  $1\frac{1}{2}$  hours until custard is set. Serve as a casserole. Makes an excellent meatless meal. Serves 4.

## STUFFED SHELLS

Lee Collins

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 20 large whole wheat shells       | $\frac{1}{4}$ cup shredded cheese |
| 1 medium onion, chopped           | 2 eggs                            |
| 6 large mushrooms, chopped        | $\frac{2}{3}$ cup yogurt          |
| $\frac{2}{3}$ cup sunflower seeds | salt, pepper and Worcestershire   |
| 3 Tbsp. oil                       | sauce                             |
| $\frac{3}{4}$ cup Cottage cheese  |                                   |

Cook shells for 10 minutes, drain. Saute onion, mushrooms and sunflower seeds in oil. Mix with cheese (American, Swiss, Mozzarella or Cheddar), Cottage cheese, eggs and yogurt. Season to taste. Stuff into shells and layer in baking dish. Top with bread crumbs and Parmesan cheese. Bake at  $350^{\circ}$  for 30 minutes. Serves 5.



## **BROCCOLI-RICE CASSEROLE**

**Mrs. Marvin Eberhard**  
**Springville, Iowa**

- |  |                                 |
|--|---------------------------------|
| 7 oz. box instant rice                   | ½ cup oil                       |
| 1 lb. American cheese (can use Velveeta) | 1 clove garlic or powder        |
| 2 eggs                                   | 1 med. onion (chopped)          |
| ⅔ cup milk                               | 1 can mushroom soup             |
|  | 1 box frozen broccoli (chopped) |

Cook rice. Cook broccoli. Mix all ingredients and bake at 325° for 1½ hours.

## **EGGS AU GRATIN**

**Verna Miller**  
**Shawnee Valley, Kansas**

- |                    |                                   |
|--------------------|-----------------------------------|
| 4 hard cooked eggs | ¼ tsp. salt                       |
| 2 Tbsp. butter     | ¼ cup grated mild American cheese |
| 2 Tbsp. flour      | 2 Tbsp. toasted bread crumbs      |
| 1 cup milk         |                                   |

Preheat oven to 350°. Cut eggs in half lengthwise and place in small buttered baking dish. Melt butter in saucepan. Stir in flour until thick and bubbly; stir in milk gradually until smooth and thick. Add salt. Pour over eggs and top with cheese. Sprinkle on bread crumbs. Bake 15 minutes or until cheese is melted. Serves 4.

## **SAVORY EGGS**

**Shirely Weller**

- |                              |                         |
|------------------------------|-------------------------|
| 1 cup cheddar cheese, grated | dash of pepper          |
| 2 Tbsp. butter               | 1 tsp. prepared mustard |
| ½ cup cream                  | 6 eggs, slightly beaten |
| ¼ tsp. salt                  |                         |

Preheat oven to 325°. Grease an 8x8 baking dish. Spread cheese in dish, dot with butter. Combine cream, salt, pepper and mustard. Pour 1/2 of mixture over cheese. Pour eggs into baking dish. Add remaining cream mixture. Bake 25 minutes. Serves 6.

**Variation:** add mushroom, ham or bacon bits.

## **HOLIDAY BRUNCH (microwave)**

**Dorothy Vander Leest**

In 2 qt. casserole:

- |                   |                            |
|-------------------|----------------------------|
| 1 Tbsp. margarine | ¼ cup chopped green pepper |
|-------------------|----------------------------|
- Saute on high for 30 seconds. Stir:
- |        |                              |
|--------|------------------------------|
| 4 eggs | ½ can cream of mushroom soup |
|--------|------------------------------|
- Blend into sauteed mixture. Cook in oven on high for 4 minutes, stirring once. Add:
- |                                  |                                    |
|----------------------------------|------------------------------------|
| ¼ cup shredded cheese (any kind) | 6 slices cooked and crumbled bacon |
|----------------------------------|------------------------------------|
- Cook 1 minute longer. Season. Serves 5.

## **CABBAGE AND RICE CASSEROLE (microwave) Angie VanDenBerg**

1 medium head cabbage	2 cups milk
¼ cup butter or oleo	1¼ cups minute rice
1 small onion chopped	¾ cup water
1 tsp. salt	½ tsp. dry mustard
⅛ tsp. pepper	1 cup (4 oz.) shredded Cheddar
¼ cup flour	cheese
paprika	

Remove core from cabbage. Wrap head tightly in plastic wrap. Place in 8 x 12 dish. Microwave high 7-8 min. or until tender crisp. Set aside.

Combine butter and onion in 4-cup glass measure. Microwave, high uncovered, 2-3 min. Blend in salt, pepper and flour. Stir in milk, microwave high uncovered, 5-6 min. or until mixture boils. Stir in uncooked rice, water, mustard and ½ cup of cheese. Cut cabbage into 1 inch pieces. Layer half of cabbage in 8x12 glass baking dish. Top with half of sauce, remaining cabbage and remaining sauce. Cover with plastic wrap. Microwave high 10-12 min. Uncover and sprinkle with remaining cheese and paprika. Microwave ½ power 2-3 min. or until cheese is melted. 6 servings. May add cubed ham.

## **LENTIL STUFFED PEPPERS**

**Lee Collins**

1 cup lentils	4 Tbsp. Parmesan cheese
2½ cups water	4 to 5 green peppers
salt (to taste)	½ cup soft bread crumbs
2 slices bacon	2 Tbsp. butter
1 medium onion, sliced	

Bring lentils, water and salt to boiling, lower heat and simmer 35 minutes. Brown bacon in small skillet, add onion and brown. Add to lentils the bacon, onion and 2 Tbsp. Parmesan cheese. Parboil green peppers (about 5 minutes). Drain and fill with lentil mixture. Brown bread crumbs in butter. Spoon over peppers. Sprinkle with remaining cheese. Bake at 350° about 30 minutes. 4 to 5 servings.

## **CHILI RICE CASSEROLE**

**Maxine Huffman**

1 large onion, chopped	1 (15 oz.) jar spaghetti sauce
2 Tbsp. margarine	2 cans chopped green chilies
½ tsp. grd. cumin	3 cups shredded Monterey Jack
3 cups cooked rice	cheese (Cheddar is also good)
5 eggs, beaten	

Saute onion in butter until limp. Remove from heat. Add cumin. Mix with cooked rice, beaten egg, spaghetti sauce, chilies and cheese. (May be covered and chilled at this point and baked later.) Place in 9x13 baking pan. Bake, uncovered in 375° oven for 30 minutes, adding 10 minutes if cold. Let stand 10 minutes; cut into squares. Serves 6 to 8.





## Village of Marken



## Soups and Sandwiches

Edited by Shirely Weller





## EASY ONION SOUP

Nellie Fish  
Rochester, Indiana

- |                             |                       |
|-----------------------------|-----------------------|
| 4 cups sliced onions        | 5 beef bouillon cubes |
| 4 Tbsp. margarine or butter | 5 cups water          |

Brown onions in butter or margarine. Add the bouillon cubes dissolved in water. Simmer covered for an hour.

## CREAMY PEA SOUP

Judi Menninga

- |                            |                       |
|----------------------------|-----------------------|
| 1 (16 oz.) pkg. split peas | 2 tsp. salt           |
| 8 oz. bacon                | ¼ tsp. pepper         |
| 2 stalks celery            | 3 beef bouillon cubes |
| 1 large onion              | 1 bay leaf            |
| 8 cups water               | 2 cups half and half  |
| 2 medium potatoes, diced   |                       |

Rinse and sort the split peas. In large pot combine peas, water, potatoes, salt and pepper, 3 bouillon cubes and bay leaf. Fry the bacon and in grease brown the celery and onion. Add this to soup pot and heat to boiling; reduce to low for 45 minutes. Add the half and half. Blend all ingredients in blender, just slightly. Do a small portion at a time. Yield 12 cups.

## POTATO SOUP

Carol Mapes

- |                                  |                             |
|----------------------------------|-----------------------------|
| ½ lb. sausage                    | <b>White sauce:</b>         |
| 4 medium potatoes, peeled, diced | 4 Tbsp. butter or margarine |
| 4 cups water                     | 4 Tbsp. flour               |
| 1 tsp. salt                      | 1½ tsp. salt                |
| 2 Tbsp. butter                   | few grains pepper           |
| ½ cup onion, diced               | 4 cups milk                 |
| ⅓ to ½ cup celery, diced         |                             |

Pan broil sausage in large fry pan using medium heat and remove fat as it accumulates. Bring water to a boil and add 1 tsp. salt, place the potatoes in the boiling water; cover and boil until tender (15 minutes). The potato water may be saved and added to the soup later, if desired. Melt 2 Tbsp. butter in small skillet, add the celery and saute for several minutes, add the onion and saute both until tender. (Pierce with fork to test doneness.) Continue to stir with wooden spoon during this process. Prepare a thin white sauce by melting butter or margarine in saucepan over medium heat, remove from heat and add flour, salt and pepper. Stir until smooth using a wirewhisk, add milk slowly, stirring constantly until smooth and thick. Place all the ingredients together — sausage, potatoes, celery and onions plus white sauce in a large pan and heat through. Serves 6.

## GARDEN VEGETABLE SOUP

Helen Diehl  
Newton, Iowa

- |   |  |
|---|--|
| 2 Tbsp. butter or margarine                         | 1 tsp. oregano, crumbled   |
| 2 Tbsp. vegetable oil                               | 1 tsp. basil, crumbled   |
| 1 cup sliced carrots                                | 1 tsp. salt  |
| 1 cup sliced celery, with some leafy tops           | $\frac{1}{4}$ tsp. pepper  |
| 1 cup onion, chopped                                | 1 can ( $13\frac{3}{4}$ oz.) beef broth                                    |
| 1 clove garlic, crushed                             | $\frac{1}{4}$ lb. green beans (1 cup) washed, trimmed and cut in 1" pieces |
| 9 medium tomatoes or 2 cans (17 oz.) each undrained | $\frac{1}{4}$ lb. zucchini (2 cups) sliced thin                            |
|   | $\frac{1}{4}$ cup chopped parsley  |

Heat butter and oil, saute carrots, celery, onion and garlic 5 minutes. Add tomatoes and juice, oregano, basil, salt and pepper, cook 15 minutes. Add broth and green beans, cook 30 minutes longer, adding zucchini and parsley after 20 minutes. Serve with Parmesan cheese.

## CHILI

Karen Den Adel

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| 1 - $1\frac{1}{2}$ lbs. hamburger  | $\frac{1}{3}$ cup rice              |
| salt, pepper, onion                | 1 can kidney beans in chili sauce   |
| 2 qts. tomato juice                | long spaghetti - scant              |
| 1 can tomato soup plus 1 can water | $\frac{1}{2}$ - 1 tsp. chili powder |

Brown hamburger with salt, pepper, onion, drain off fat. Add other ingredients except kidney beans and chili powder. Simmer. Towards end, add kidney beans and chili powder.

## FAMOUS CLAM CHOWDER

Mrs. Lyle Kooiker  
Sioux Center, Iowa

- |                             |                          |
|-----------------------------|--------------------------|
| 2 cans clams                | 1 pint half and half     |
| 1 cup finely chopped onions | 1 quart milk             |
| 1 cup finely chopped celery | $1\frac{1}{2}$ tsp. salt |
| 2 cups diced potatoes       | 2 Tbsp. red wine vinegar |
| $\frac{3}{4}$ cup butter    | pepper to taste          |
| $\frac{3}{4}$ cup flour     |                          |

Drain juice from clams and add to vegetables in small saucepan. Add enough water to barely cover vegetables. Simmer, covered over medium heat until tender.

In meantime, melt butter; add flour, blend and cook, stirring 2-3 minutes. Add half and half plus milk; cook and stir with wirewhisk until smooth and thick.

Add vegetables (plus  $\frac{1}{2}$  of liquid) and clams, heat and add salt, pepper and vinegar.



## COPPINO

Shirely Weller

¼ cup chopped green pepper  
2 Tbsp. finely chopped onion  
1 clove garlic, minced  
1 Tbsp. cooking oil  
1 (16 oz.) can tomatoes - cut up  
½ cup dry red cooking wine  
3 Tbsp. snipped parsley  
½ tsp. salt

¼ tsp. dried oregano  
¼ tsp. basil  
¼ tsp. pepper  
1 pkg. frozen fish fillet  
1 (4½ oz.) can shrimp, drained  
1 (7½ oz.) can minced clams,  
undrained

Cook green pepper, onion, garlic in oil till tender — not brown. Add tomatoes, wine, parsley, salt, oregano, basil and pepper. Cover and simmer twenty minutes. Cut fish fillet into pieces (remove bones) add fish to broth and simmer for five minutes, add shrimp and undrained clams and simmer for 3 more minutes. This is a very hearty soup and can be used as a luncheon dish with a salad. Serves six.

## SPIKED BEAN SOUP

Dorothy Bosch

1 lb. Great Northern beans  
1 tsp. soda  
2 quarts water  
1 meaty ham bone  
1 medium onion, sliced  
1 tsp. salt  
¼ tsp. pepper  
1 tsp. thyme

1 tsp. celery salt  
½ tsp. garlic salt  
2 medium potatoes, diced  
4 carrots, diced  
3 T. chili sauce (or catsup)  
2 tsp. Worcestershire sauce  
½ cup dry wine (optional)

Cover beans with water and add soda. Boil 3 minutes, drain and rinse. In soup pot with beans, add 2 quarts of water, ham bone, onion, salt and pepper, thyme, celery salt and garlic salt. Cover and simmer until beans are tender. Remove ham and break into pieces, do not return to soup mixture at this time. Add potatoes, carrots, chili sauce and Worcestershire sauce. Cook until vegetables are tender. Return ham to soup and continue to simmer. Just before serving add ½ cup dry wine.

## CREAM OF TOMATO & RICE SOUP (microwave)

Joan Klyn

1 medium onion, diced fine  
¼ cup butter or margarine  
1 small carrot, grated  
3 Tbsp. flour  
2 cups pureed tomatoes  
2 cups milk

¾ cup evaporated milk  
1 cup cooked rice  
1 tsp. salt  
¼ tsp. pepper  
½ tsp. dried parsley (opt.)  
¼ tsp. dried sweet basil (opt.)

Place onion and butter in 3 quart casserole, cook on full power 3 minutes or until onion is tender, add carrot, cook on full power another 1½ minutes. Blend in flour, add tomatoe puree gradually. Cook on full power 4 minutes or until thick. Add milk slowly, add rice and seasoning. Cook medium power 6-8 minutes or until heated, stirring once.

## MINESTRONE

Diane Den Herder  
Sioux Center, Iowa

- |                                   |   |
|-----------------------------------|---|
| ¼ cup oil                         | 1 cup diced raw potato                  |
| ¼ lb. diced bacon                 | ½ cup uncooked elbow macaroni           |
| 1 cup chopped onions              | 1 (16 oz.) can tomatoes, chopped        |
| 1 cup diced celery                | 1 (16 oz.) can red beans                |
| 1 cup diced carrots               | 1 (10 oz.) pkg. frozen chopped spinach  |
| 2 cloves garlic, crushed          | 1 (10 oz.) pkg. frozen mixed vegetables |
| 1 bay leaf                        | chopped parsley                         |
| 8 cups stock (4 beef, 4 chicken)  |   |
| salt & pepper to taste            |   |
| 1 Tbsp. Worcestershire sauce      |   |
| ¼ tsp. each oregano, thyme, basil | Garnish: Parmesan cheese                |

In a large pot, saute bacon in oil 5 minutes. Add onions, celery and carrots, with garlic and bay leaf and saute another 5 minutes. Add stock and seasonings, bring to a boil, then reduce heat and simmer for 5 minutes. Add potatoes and macaroni, simmer for 5 minutes more. Add beans, tomatoes, spinach and mixed vegetables and simmer for another 5 - 10 minutes. Sprinkle with parsley. Allow soup to stand, uncovered for 15-20 minutes before serving. Serve with Parmesan cheese.

## HAMBURGER-VEGETABLE SOUP

Aileen Mertz

- |  |  |
|--|--|
| 1 lb. lean ground beef                     | 1 Tbsp. instant beef bouillon granules |
| 1 medium potato peeled & cut into ¼" cubes | 2 Tbsp. minced onion                   |
| 1½ cups shredded cabbage                   | 1 Tbsp. parsley flakes                 |
| 3 cups hot water                           | 1 tsp. Worcestershire sauce            |
| 1 can (16 oz.) whole tomatoes              | ½ tsp. salt                            |
| 1 pkg. (10 oz.) frozen mixed vegetables    |  |

Crumble ground beef into 3 qt. casserole. Mix in potato and cabbage. Cover. Microwave at high 5 to 7 minutes, or until meat is no longer pink, stirring once.

Add remaining ingredients. Cover. Microwave 17 to 22 minutes or until potatoes are tender, stirring once. Serves 4.

## CREAM OF CUCUMBER SOUP

Mildred Gess  
Brimfield, Indiana

- |  |                          |
|--|--------------------------|
| 2 cups peeled and coarsely chopped cucumbers | 3 Tbsp. butter           |
| 1 cup chicken broth                          | ½ cup chives, chopped    |
| 1 cup light cream                            | 1 tsp. lemon juice       |
| 3 Tbsp. flour                                | salt and pepper to taste |

In blender, combine the above ingredients until smooth. Can be served hot or cold. Garnish with a small amount of dillweed.

## LENTIL SOUP

Mrs. (Ralph G.) Jane Ten Clay  
Evansdale, Iowa

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1½ lbs. Kielbasa (Polish sausage) | 5 cups water             |
| 8 slices of bacon                 | 2 (16 oz.) cans tomatoes |
| 1 cup chopped celery              | 2 bay leaves             |
| 1 cup chopped carrots             | 1 Tbsp. salt             |
| 1 medium onion, sliced thin       | ¼ tsp. pepper            |
| 1 lb. lentiles, washed            |                          |

Heat to boiling lentiles, water, tomatoes, bay leaves, salt and pepper. Reduce the heat and add Kielbasa (Polish sausage). Meanwhile, in a skillet fry the bacon (cut up) till limp, drain off fat and add the celery, carrots and onion and continue to cook for 15 minutes, stirring occasionally. Add this mixture to lentiles and continue cooking for 30 minutes. Slice Kielbasa before serving. 8-10 servings.

## TACO SOUP

Maxine Huffman

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 1 ham bone with some meat remaining | 2 cans tomatoes                     |
| 1 can hominy                        | 4 medium onions, peeled and chopped |
| 1 can yellow corn                   | salt to taste                       |

Garnish: shredded cheddar or Monterey Jack cheese, shredded lettuce, sliced green onions, chopped tomatoes, Doritos.

Simmer ham bone, onions and tomatoes in 4 quarts of water in a large kettle until meat is tender (2-3 hours). Cool and refrigerate overnight. The following day skim and discard the fat from the soup. Remove the meat from the bone, discard bone. Return meat to soup, add corn and hominy. Heat and season to taste with salt.

Put garnish in separate bowls and use as toppings for individual servings. Serves 10 - 12.

## CORN CHOWDER

Glenda Duven

- |                                  |                           |
|----------------------------------|---------------------------|
| 5 slices bacon                   | 1 (17 oz.) can cream corn |
| 2 Tbsp. minced onion             | 3 cups milk               |
| 1½ cup potatoes (pared & sliced) | 1½ tsp. salt              |
| ½ cup water                      | dash pepper               |

In a large saucepan, cook bacon until crisp. Remove bacon, crumble and set aside. Reserve 3 Tbsp. bacon drippings in saucepan; discard remainder. Add onion, diced potatoes and water. Cook over medium heat until potatoes are tender, 10-15 minutes. Add corn, milk, salt, pepper. Cook until heated through. Pour into bowls and sprinkle bacon over soup. 4 servings.

### Variations:

- 2 cups milk plus 1 can condensed cream of mushroom soup
- 2 cups milk plus 1 can (13 oz.) evaporated milk



## HOT AND SOUR SOUP

Don Lubbers  
Grand Rapids

¼ cup cloud ears  
¼ cup golden needles  
¼ lb. pork shredded in strips  
3 Tbsp. cornstarch  
2 tsp. sherry  
½ cup water  
3 Tbsp. white wine vinegar  
white pepper to taste

½ tsp. hot oil  
2 tsp. sesame seed oil  
4 cups chicken stock  
salt to taste  
1 Tbsp. soy sauce  
2 bean curds cut in 8 pieces  
1 egg beaten  
2 scallions chopped

Soak cloud ears and golden needles in hot water for 15 minutes, until it swells up. Drain. Shred the cloud ears, cut the golden needles in half. Combine pork with 1 Tbsp. cornstarch and sherry. Mix 2 Tbsp. cornstarch with water and set aside. Combine vinegar, pepper, hot oil and sesame oil in bowl and set aside. Bring chicken stock, salt and soy sauce to boil in large soup pot. Add pork and boil 1 minute. Add cloud ears, golden needles and bean curds and boil 1 more minute. Add cornstarch mixture and stir until thickened. Lower heat and add vinegar mixture. Add seasoning. Slowly stir in egg and garnish with scallions. 5 to 6 servings.

**Note:** Cloud ears and golden needles may be obtained from a Chinese food store.

## CAULIFLOWER SOUP

Elverna Dykstra  
Lansing, Illinois

1 large cauliflower (save few flowerettes for crisp-cook)  
1 onion, cut-up  
4 ribs celery, cut in 3" pieces  
4 Tbsp. butter or margarine  
¼ tsp. salt  
2 cups milk

crisp-cooked carrot pieces (optional)  
3 cups chicken broth  
3 Tbsp. flour  
¼ tsp. mace  
1 cup half and half cream

Break up cauliflower; place vegetables in hot chicken broth (or 3 chicken bouillon cubes dissolved in 3 cups hot water). Simmer until tender. Remove vegetables from broth with slotted spoon. Reserve broth. Place 2 cups or less of vegetables at a time in electric blender and puree.

In a large saucepan melt butter, stir in flour and seasonings. Cook 1 minute. Blend in reserved broth and 2 cups of milk, plus the cream. Cook stirring constantly, until mixture thickens. Add pureed vegetables and heat through.

Small pieces of crisp-cooked carrot along with the cauliflower can be added to the soup. When reheating soup, if the thickness has diminished, add some cornstarch dissolved in some milk for the desired thickness.

## CREAMY BROCCOLI SOUP

Sue Plantinga

- |  |                                  |
|--|----------------------------------|
| 1 (10 oz.) pkg. frozen cut broccoli                | $\frac{1}{8}$ tsp. pepper        |
| 1 small onion, chopped                             | $\frac{1}{8}$ tsp. garlic powder |
| $\frac{1}{4}$ cup celery, chopped                  | 2 cups half and half cream       |
| 2 cups water                                       | 3 Tbsp. flour                    |
| 6 tsp. (2 Tbsp.) instant chicken bouillon granules | 1 tsp. lemon juice               |
|  | 3 Tbsp. Parmesan cheese          |

Microwave broccoli in package at high about 5 minutes (until thawed). Combine broccoli, onion, celery, water, bouillon, pepper and garlic powder in 2 quart glass casserole. Cover with casserole lid. Microwave at high 15 to 17 minutes or until vegetables are tender. Combine cream and flour until smooth. Stir into broccoli mixture. Microwave at high uncovered 9-10 minutes or until mixture boils and thickens, stirring 2 or 3 times. Stir in lemon juice and Parmesan cheese. If desired, garnish with lemon slices.

**Note:** fresh broccoli (1 lb.) can be used. Trim and cut. Broccoli does not need to be pre-cooked. Just add to onion, celery, etc. and continue directions. 6 servings.

## MICROWAVE FRENCH ONION SOUP

Joan Klyn  
Pat Haats, Waterloo, Iowa

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| 2 large or 3 medium onions, sliced    | 1 tsp. Worcestershire sauce         |
| $\frac{1}{4}$ cup butter or margarine | dash pepper                         |
| 4 cups water                          | 4 to 6 slices French bread, toasted |
| 6 cubes or tsp. beef bouillon         | Parmesan cheese                     |
| $\frac{1}{2}$ tsp. paprika            |                                     |

In 4 quart casserole or Dutch oven, combine onions and butter. Cook, uncovered 7 minutes at high or until onions are limp and translucent (stir occasionally). Add water, bouillon, paprika, Worcestershire sauce and pepper. Cook covered 7 minutes at high or until hot and bubbly. Place in 4 to 6 individual soup bowls. Top with toasted bread and sprinkle generously with cheese. Cook 2 bowls at a time, uncovered, 30 seconds on high to melt cheese.

## BARBEQUED CHICKEN

Marion Beugel  
Lansing, Illinois

- |                            |                      |
|----------------------------|----------------------|
| 6 cups diced chicken       | 4 Tbsp. brown sugar  |
| 2 cups diced celery        | 2 cups water         |
| 4 Tbsp. butter             | 4 Tbsp. vinegar      |
| 1 cup chopped onion        | 2 tsp. dry mustard   |
| 1 cup chopped green pepper | 1 tsp. salt & pepper |
| 2 cups ketchup             |                      |

Saute onion and celery in butter until clear. Combine other ingredients and simmer for 1½ hours. Spoon on buns. Yield: 30-36 buns.

## **TURKEY IN THE STRAW**

**JoAnn Ryerson**

1 slice raisin bread  
1 portion sliced cooked turkey  
breast

1 portion avocado, sliced  
alfalfa sprouts  
chutney

Spread raisin bread with chutney. Then add turkey slices. Next layer, add avocado and pile on alfalfa sprouts. Top with following dressing. Garnish with small bunch of grapes. (one serving)

**Dressing:** (for several servings)

1 cup Miracle Whip dressing  
¼ cup sliced green onions

2 Tbsp. prepared mustard

## **CORNBURGERS**

**Jean DeBeer**  
Cedar Falls, Iowa

1 lb. hamburger  
2 cups canned corn  
1 tsp. salt  
⅛ tsp. pepper  
¼ cup chopped onion

½ cup chopped green pepper  
1 Tbsp. flour  
½ cup catsup  
½ cup cream

Mix all ingredients together and simmer. Add cream just before serving on warm hamburger buns.

## **HOT SANDWICH ROYAL**

**Gertrude Vos**

3 cups cooked chicken, chopped  
1 cup ripe olives, chopped  
4 hard boiled eggs, chopped  
⅔ cup Miracle Whip

2 glasses Old English cheese  
1 cup butter, soft  
2 eggs  
1 loaf sandwich bread

Mix chicken, olives, eggs and Miracle Whip for sandwich filling. Spread on squared white bread with the crust removed. Make 3 decker sandwiches.

Mix Old English cheese, butter and eggs. Beat these together until fluffy. Ice the sandwiches with this mixture, then cover and refrigerate for 24 hours. On day of serving, bake at 375 degrees for 15 minutes. Serves 8.

Tuna may be used in place of chicken.

## **TUNA BURGERS**

**The Ed Van Arkels**

1 can tuna (7 oz.)  
½ cup diced cheese  
1 Tbsp. Worcestershire sauce

1 tsp. lemon juice  
onion, salt, pepper to taste  
salad dressing

Mix ingredients together adding enough salad dressing to hold the mixture together. Spread on hamburger buns. Wrap in foil. Heat in 325 degree oven for 20 minutes.



## GREEK SANDWICHES

Peggy Pierson

1 lb. steak  
2 Tbsp. butter  
½ cup dry red wine  
2 Tbsp. olive or cooking oil  
1 small garlic clove minced

½ tsp. crushed oregano  
½ tsp. salt  
Hard rolls  
Lettuce, tomatoes, cucumbers  
diced  
Chive sour cream

Cut the steak in strips 2"x ¼"x ½" and marinate for 1 hour in mixture of red wine, olive oil, garlic, oregano and salt. Remove steak and saute in butter for 2 or 3 minutes. Serve immediately on hard roll with lettuce, diced tomatoes, diced cucumbers and chive sour cream. 6-8 sandwiches.

## CORNED BEEF SANDWICH

Gertrude Weller  
Holland, Michigan

1 can corned beef  
1 cup shredded cheese  
½ cup chopped olives

½ cup catsup  
¼ cup onion chopped  
2 Tbsp. Worcestershire sauce

Spread on buns and wrap in foil. Heat in 300 degree oven for ½ hour.

### Variation:

1 can corned beef  
½ pkg. dry onion soup

1 small sour cream

Mix together, spread on buns and wrap in foil. Heat 300 degree oven for ½ hour.

## OPEN FACE CHEESE SANDWICH

Sally Weller  
Crystal Lake, Illinois

8 slices bacon, diced  
1 lb. sharp cheese, shredded  
1 small onion, diced

mayonnaise  
6 hamburger buns or English  
muffins

Fry bacon until crisp, drain. Mix bacon, cheese and onion. Add enough mayonnaise to moisten and spread on cut buns. Broil until cheese is bubbly. 6 servings.

## PARTY PIZZA

Coretha Rozendaal

2-3 Tbsp. butter, melted  
4 English muffins, split in half  
1 lb. 75-80% lean ground pork  
1 cup pizza sauce

2 cups diced cheese, American  
or Mozzarella  
½ tsp. oregano

Spread melted butter on muffin halves. Brown pork and drain grease, add cheese (reserving small amount for topping) pizza sauce and oregano. Spread on muffin halves. Broil or microwave (2 minutes on med. high) till cheese begins to melt, sprinkle remaining cheese over sandwiches and heat again till cheese melts. Makes 8 sandwiches.

## PIZZA BURGERS

Mrs. Francis W. Snook  
Newton, Iowa

12 buns (24 halves) buttered  
½ lb. ground minced ham  
1 lb. ground beef  
½ tsp. salt  
1 tsp. sage

2 tsp. oregano  
½ lb. grated Mozzarella cheese  
2 cups spaghetti sauce  
chopped parsley

Brown beef in skillet until color is gone. Drain and cool. Add other ingredients except parsley. Spoon on buttered halves. Place halves, face up on cookie sheet. Sprinkle with parsley. Broil 425 degrees for 10-12 minutes. Can be made ahead and frozen before baking.

## PIZZAWICHES (microwave)

Lorna De Geus  
Otley

1 cup onion, chopped  
1 Tbsp. vegetable oil  
1 lb. ground beef  
1 (8 oz.) can tomato sauce  
1 (2½ oz.) jar sliced mushrooms,  
drained  
½ tsp. oregano

½ tsp. basil  
½ tsp. salt  
⅛ tsp. pepper  
4 English muffins, split & toasted  
4 oz. (1 cup) Mozzarella cheese,  
shredded

Place onion in oil in 1½ quart casserole. Cook in microwave oven on full power for 2 minutes or until onion is tender. Add meat and cook on full power for three or four minutes or until beef is no longer pink. Stir halfway through cooking time. Drain. Blend in remaining ingredients except muffins and cheese. Cook in microwave oven on full power for 4 to 6 minutes or until heated through. Stir 2 or 3 times during cooking time.

Spoon ¼ cup hot mixture on each muffin half. Top with cheese. Place 4 muffin halves on plastic rack or paper towels. Heat in microwave oven on ½ power for 1 to 2 minutes, or until cheese is melted. For 1 muffin half, heat on ½ power for 30 seconds. For 2 halves, heat on ½ power for 1 to 1½ minutes.

Sliced French bread may be used instead of muffin.





# Village of hindeloopen



## Salads and Vegetables

Edited by: Artie Van Zee  
Elsie Blom





## CRANBERRY SALAD

Alice Carlson

- |                              |                    |
|------------------------------|--------------------|
| 2 (3 oz.) pkgs. cherry Jello | 1½ cups sour cream |
| 1¾ cups hot water            | nuts, optional     |
| 1 can whole cranberry sauce  |                    |

Dissolve Jello in 1¾ cups hot water. Add cranberry sauce. Cool to a syrupy consistency. Stir in sour cream and nuts. Pour into dish and chill until set.

## CRANBERRY FLUFF SALAD

Arvonne Van Hemert

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 2 cups raw cranberries, ground     | ½ cup seedless green grapes     |
| 3 cups tiny marshmallows           | ½ cup broken California walnuts |
| ¾ cup sugar                        | ¼ tsp. salt                     |
| 2 cups diced, unpared, tart apples | 1 cup whipping cream, whipped   |

Combine cranberries, marshmallows and sugar. Cover and chill overnight. Add apples, grapes, walnuts and salt. Fold in whipped cream. Chill. Turn into a serving bowl, or spoon into individual lettuce cups. Trim with a cluster of green grapes, if desired. Makes 8 to 10 servings.

## SEA BREEZE SALAD

Evelyn Beyer  
Dorathe Rogers, Hudson, Iowa

- |                                  |                                |
|----------------------------------|--------------------------------|
| 2 boxes lime gelatin             | 2 cups cold liquid (include    |
| 1 box lemon gelatin              | pineapple juice)               |
| 2 cups boiling water             | 2 boxes lemon pie filling (not |
| 1 can crushed pineapple, drained | instant)                       |

Cook lemon pie filling according to directions. Cool completely. Dissolve gelatin in boiling water; add the cold liquid. Chill until congealed. Mix pie filling and gelatin together with electric mixer. Reserve 1 cup for topping. Add the pineapple and put in a large salad dish (or 2 smaller ones). Let set until firm. Make topping.

- |                   |                       |
|-------------------|-----------------------|
| <b>Topping:</b>   | 1 cup gelatin mixture |
| 1 pkg. Dream Whip | sliced almonds        |

Prepare Dream Whip according to directions; add the gelatin mixture. Beat vigorously and spread on salad. Top with sliced almonds. (May use 2 boxes of lemon and one box of lime gelatin.)

## CINNAMON PINEAPPLE SALAD

Henrietta Kooy  
Lansing, Illinois

- |                              |                               |
|------------------------------|-------------------------------|
| 1 large can pineapple chunks | ½ cup cinnamon candy hearts   |
| ½ pint whipped cream         | miniature marshmallows (opt.) |

Drain liquid from pineapple and heat with candy until dissolved. Add chunks, stir well and let stand overnight. Drain well. Fold in whipped cream and marshmallows. Chill.



## LAVENDER SALAD

Jennie De Bruin

1 large (6 oz.) pkg. grape Jello  
1 lb. can bing cherries, pitted  
1 (8 oz.) can crushed pineapple

1 (3 oz.) cream cheese, softened  
2 cups whipped topping  
 $\frac{1}{8}$  cup chopped nuts

Drain juice from fruits and heat, adding enough water to make 2 cups. Dissolve Jello in hot juice, add 2 cups cold water. Allow to partly congeal and take out 1 cupful and set it aside. Add cherries to rest of Jello and pour into 9 x 13 inch pan and let firm. Add softened cream cheese to topping and fold in reserved cupful of Jello. Add pineapple and nuts and pour over first layer. To serve, cut in squares. Top with a dab of whipped topping. This is good either as a dinner salad or dessert.

## GELATIN FRUIT SALAD FOR DIETERS

Joy Janssen  
Titonka, Iowa

Have ready 1 cup of cold fruit juice: grape, pineapple or orange juice. (I use  $\frac{1}{2}$  cup frozen orange juice concentrate and  $\frac{1}{2}$  cup water.)

Pour 1 pkg. unflavored gelatin into 1 cup water and let stand for 5 minutes. Place on stove and bring to boil to completely dissolve. Add 2 or 3 Tbsp. of sugar. Remove from heat and add your one cup of juice. If you need to, add your favorite artificial sweetener. Add well-drained fruit of your choice.

**Variation:** With frozen fruit, like blueberries, I put my gelatin in  $\frac{1}{2}$  cup cold water, cook the fruit and drain it, add the gelatin water to the juice and heat again to dissolve. Measure to be sure you have 2 cups of juice altogether and not more. You will need to sweeten depending on fruit. With blueberries, I add pineapple in its own juice that I have sweetened artificially.

## APRICOT JELLO

Joyce Bell  
Potomac, Maryland

1 pkg. orange Jello  
1 cup hot water  
 $\frac{1}{2}$  cup apricot juice  
1 cup crushed pineapple, drained  
 $\frac{3}{4}$  cup apricots, cut up  
2 cups miniature marshmallows  
1 cup fruit juice

$\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  cup flour  
1 egg, beaten  
2 Tbsp. butter  
1 cup whipped cream  
grated Cheddar cheese

Dissolve Jello in hot water. Add apricot juice, pineapple, apricots and marshmallows. Place in 9 x 13 inch dish. Chill until firm. Blend together in a sauce pan the 1 cup fruit juice, sugar, flour, egg and butter. Cook, stirring constantly, until thick. Cool, add the whipped cream. Spread over set Jello. Sprinkle with grated cheese.



## FAVORITE LEMON SALAD

Diane Den Herder  
Sioux Center, Iowa

1 pkg. lemon Jello  
1 $\frac{3}{4}$  cups hot water  
2 bananas, sliced

1 cup miniature marshmallows  
1 can crushed pineapple, drained  
(save juice)

Dissolve Jello in the hot water. Chill to set partially. Add remaining ingredients.

### Topping:

juice from pineapple and water to  
make 1 cup  
 $\frac{1}{2}$  cup sugar  
2 Tbsp. flour

1 well-beaten egg  
2 Tbsp. butter  
pinch of salt  
1 cup whipped cream

Cook the topping ingredients until the mixture begins to thicken. Cool. When cool, fold in whipped cream (or a package of prepared Dream Whip) and spread over the Jello. Top with shredded sharp cheese.

## STRAWBERRY BAVARIAN SALAD

Lorraine Verros  
Mrs. Robert (Telida) Ver Ploeg

1 (3 oz.) pkg. strawberry gelatin  
(or raspberry)  
1 (8 $\frac{1}{4}$  oz.) can crushed pineapple  
and juice  
1 cup water

10 large marshmallows  
1 small carton cottage cheese  
(small curd)  
1 (4 $\frac{1}{2}$  oz.) carton non-dairy  
whipped topping

In saucepan combine and bring to a boil, the gelatin, pineapple and juice, marshmallows and water. Boil 3 minutes. Cool until slightly thickened. Fold in cottage cheese and whipped topping. Pour into a 9-inch square pan. (For a green salad use lime gelatin.)

**Variation:** Omit marshmallows and reduce water to  $\frac{1}{2}$  cup. Dissolve gelatin in hot water, add pineapple. Cool until thickened. Add cheese and fold in whipped topping.

## BANANA SALAD

Joan Sprague

2 pkgs. Dream Whip  
1 medium jar cocktail peanuts  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  cup butter

3 Tbsp. vinegar  
3 egg yolks  
 $\frac{1}{2}$  tsp. mustard  
4 to 6 bananas

Mix sugar, butter, vinegar, mustard and egg yolks together. Boil until thick. Let cool in refrigerator. Whip 2 pkgs. Dream Whip according to package directions. Gently fold in cooled, boiled mixture. Crush peanuts in blender. Layer peanuts, sliced bananas and whipped mixture in 2 qt. dish. Repeat layers ending with whipped mixture. Sprinkle with few remaining peanuts. Serves 12.

## BANANA SALAD

Anne Kooy  
Lansing, Illinois

- |                  |                         |
|------------------|-------------------------|
| bananas          | 1 Tbsp. flour (heaping) |
| nutmeats, ground | 1 whole egg or 2 yolks  |
| <b>Dressing:</b> | 1 scant Tbsp. vinegar   |
| 1 cup sugar      | 1 cup hot water         |

Mix sugar, flour, vinegar, egg with a little water. Add 1 cup hot water and cook. Stir constantly.

Slice layer of banana in dish, spread with layer of dressing and sprinkle ground nuts on top. Repeat until dish is full.

## ZIPPY APPLE-LIME SALAD

Norma Wonderlich  
Ollie, Iowa

- |                           |  |
|---------------------------|--|
| 1 can (1 lb.) applesauce  | 1 bottle (7 oz.) lime and lemon<br>flavored carbonated drink |
| 1 (3 oz.) pkg. lime Jello |  |
| 1 cup diced celery        | ½ cup chopped sweet pickle (opt.)                            |

Combine applesauce and Jello in pan and heat over low heat until Jello dissolves, stirring constantly. Remove from heat and add lime and lemon drink. Chill until begins to thicken; add chopped celery and pickle. Pour into 1 qt. mold. Makes 4 to 6 servings.

## ORANGE SALAD

Dorothy Vander Leest

- |  |                                  |
|--|----------------------------------|
| 1 pkg. vanilla instant pudding                 | 1 can mandarin oranges, drained  |
| 2 (3 oz.) pkgs. orange Jello                   | 1 can crushed pineapple, drained |
| 1 cup hot water                                | 1 cup juice (from drained fruit) |
| 1 small can frozen orange juice<br>concentrate | 1 box Dream Whip, whipped        |

Prepare pudding according to directions. Dissolve Jello in hot water. Add the juices. Let thicken. Whip Jello, add oranges and pineapple. Fold the whipped Dream Whip and cooled pudding into Jello mixture. Refrigerate in 9 x 13 inch pan. Serves 15 to 18.

## RING AROUND THE FRUIT MOLD

Jennie De Bruin

- |   |                                 |
|---|---------------------------------|
| 1 can (30 oz.) fruit cocktail   | ⅓ cup coarsely chopped nuts     |
| 1 large (6 oz.) pkg. peach gelatin<br>(or whatever flavor you desire) | 1 cup miniature marshmallows    |
| 2 cups boiling water  | 1 cup non-dairy whipped topping |

Drain fruit cocktail, measuring syrup. Add water to syrup to make 1½ cups. Dissolve gelatin in boiling water. Add measured liquid. Pour into a 4-cup ring mold. Chill until firm. Combine fruit cocktail, marshmallows and nuts. Fold in whipped topping. Chill. Unmold gelatin onto large serving plate. Spoon most of the fruit mixture into center of ring. Use remaining fruit mixture as garnish around the base of ring.

## FRUIT SALAD

Margaret Van Vark  
Shirley Schutte, Mickey Hoksbergen

- 2 large (20 oz.) cans chunk pineapple
- 3 cans mandarin oranges
- 1 large can sliced peaches
- 4 bananas

- 1 large box (16 oz.) frozen strawberries
- 2 pkgs. regular vanilla pudding
- 1 large strawberry Jello
- 3 Tbsp. minute tapioca

Drain all the juice off the canned fruit (need 4 cups), put in pan, add Jello, pudding and tapioca. Cook until thick (slowly), cool. Pour over fruit. Thaw strawberries, mix — keep covered. This will keep a few days so can be made ahead.

## BLUBERRY SALAD

Mrs. Elmer Christians  
Kanawha, Iowa

- 2 (3 oz.) pkgs. blueberry or blackberry Jello
- 1 (15 oz.) can blueberries
- 1 (8½ oz.) can crushed pineapple
- chopped nutmeats (optional)

- 8 oz. cream cheese
- 8 oz. sour cream
- ½ cup sugar
- 1 Tbsp. vanilla

Drain the juices from fruit. Add enough water to make 3 cups. Dissolve Jello in boiling juice. Cool, add blueberries and pineapple. Pour into 8 x 12 inch pan and let set. Whip cream cheese, sour cream, sugar and vanilla. Spread over Jello. Sprinkle with chopped nuts.

## CARROT SALAD

Pat Ulrich

- ½ cup grated carrots
- ½ cup chopped celery
- ½ cup chopped apples
- ¼ cup raisins

- ¼ cup chopped walnuts
- mayonnaise to moisten (3 tsp.)
- salt to taste

Mix all ingredients, salting to taste. Chilling improves flavor.

## ALAN'S ORIGINAL

Alan Fabel  
Sioux City, Iowa

- 1 medium cucumber (peeled and diced)
- 1 medium green pepper (cored and diced)
- 1½ cups celery (chopped)
- ½ cup onion (chopped)
- 3 medium tomatoes (cored and cubed)

- 3 carrots (peeled and diced)
- 8 radishes (sliced)
- 2 cups fresh bean sprouts
- ⅓ to ½ cup unsalted sunflower seeds
- apple cider vinegar
- vegetable oil

Prepare all ingredients. Combine all in large bowl. Sprinkle with vinegar and oil to taste. Toss lightly.



## VEGETABLE SALAD

(A family recipe)

Grace W. Moore  
Perry, Iowa

- |                                      |                       |
|--------------------------------------|-----------------------|
| 1 (no. 2) can French-cut green beans | ½ cup chopped onion   |
| 1 can tiny peas                      | 1 cup chopped celery  |
| 1 can shoe-peg corn                  | ¼ cup chopped pimento |

Lightly toss vegetables together and pour over them the following marinade:

- |               |               |
|---------------|---------------|
| ½ tsp. salt   | ½ cup oil     |
| ½ tsp. pepper | ¼ cup vinegar |
| ½ cup sugar   |               |

Chill for 24 hours.

## 4-BEAN SALAD

Sheila Helm

- |                                 |                    |
|---------------------------------|--------------------|
| 1 can red kidney beans, drained | <b>Dressing:</b>   |
| 1 can garbanzo beans, drained   | ¾ cup sugar        |
| 1 can cut green beans, drained  | ⅓ cup vinegar      |
| 1 can yellow wax beans, drained | ¼ cup Crisco oil   |
| 1 medium onion, chopped         | 1 tsp. salt        |
| 1 small green pepper, chopped   | ½ tsp. pepper      |
| 1 cup sliced celery             | ½ tsp. celery seed |
|                                 | 1 tsp. dry mustard |

Mix dressing and bring to a boil. Mix beans, onion, green pepper and celery. Pour dressing over bean mixture. Refrigerate overnight.

## WINTER SALAD

Laurie Kolenbrander

### Salad:

- |   |   |
|---|---|
| 1 (10 oz.) pkg. frozen chopped broccoli       | 1 (16 oz.) can chick-peas (garbanzos)   |
| 1 (10 oz.) pkg. frozen cauliflower            | 1 lb. fresh mushrooms, whole            |
| 1 (10 oz.) pkg. frozen French-cut green beans | 1 lb. cherry tomatoes, whole (optional) |
| 1 (16 oz.) can fingerling carrots, whole      | 1 large onion, thinly sliced into rings |
| 1 (16 oz.) can whole pitted ripe olives       | 1 (15 oz.) can artichoke hearts         |

### Dressing:

- |                   |                 |
|-------------------|-----------------|
| 2½ cups vinegar   | 5 tsp. salt     |
| 2½ cups salad oil | 1 Tbsp. paprika |
| 2 cups sugar      | 2½ cups water   |

Drain canned vegetables, combine with uncooked thawed frozen vegetables and washed fresh vegetables. Marinate overnight in dressing mixture. Drain well before serving. Salad keeps well for weeks. 30 servings.

## CRUNCHY SALAD

Bette Brunsting

1 bunch fresh broccoli (cut in bite-size pieces)  
1 can water chestnuts, sliced  
1 red onion, sliced  
1 can ripe olives, pitted

sliced raw mushrooms  
1 cup Italian dressing  
1 Tbsp. Italian seasoning  
cherry tomatoes

Cover the broccoli, water chestnuts, onion, olives and mushrooms with the dressing and seasoning. Marinate for several hours or overnight. Before serving add tomatoes.

## PICNIC MEDLEY

Mrs. Jake Vande Brake  
Sioux Center, Iowa

1 pkg. frozen mixed cauliflower, broccoli and carrots  
1 cup frozen lima beans  
1 large red onion, sliced  
1 pint can small onions, drained

1 can Irish potatoes, drained  
2 cucumbers, sliced  
1 green pepper (cut into rings)  
1½ cup frozen peas  
few sliced red radishes

Pour boiling water over frozen vegetables and drain. Let cool. Bring frozen lima beans to rolling boil, drain and let cool. Put in large bowl and add remaining vegetables.

### Dressing:

1 cup sour cream  
¾ cup mayonnaise

½ tsp. seasoned salt  
¼ tsp. dry mustard  
¼ tsp. curry powder

## RICE-CUCUMBER SALAD

Jo Ellen Krug

1 cup Minute Rice cooked as directed  
1 pkg. frozen peas, cooked  
1 (4 oz.) can sliced mushrooms  
1 small cucumber, diced

onion to taste  
½ cup mayonnaise  
1 small can water chestnuts, sliced  
1 small jar green olives, sliced

Mix all together.

## TOMATO-ZUCCHINI SALAD

Lois Smith

6 small zucchini, sliced thin  
4 tomatoes, cut into wedges  
1 green pepper, cut in strips  
¼ cup chopped green onion  
⅛ cup chopped parsley

¼ cup vinegar  
¾ cup salad oil  
½ tsp. salt  
½ tsp. garlic salt  
½ tsp. pepper

Combine all ingredients. Chill several hours, stirring occasionally. Serve alone or atop lettuce or other greens. (Yellow tomatoes will add a nice touch to the salad.)

## CAULIFLOWER SALAD

Nancine Hugen  
Oskaloosa, Iowa

1 head cauliflower  
2 cups grapes, halved

1 cup nuts, chopped

Mix above ingredients.

### Dressing:

1 cup mayonnaise

$\frac{1}{2}$  cup sugar

2 tsp. mustard

Put dressing on just before serving.

## CAULIFLOWER SALAD

Mary Wilson  
Bennett, Iowa

1 head cauliflower  
2 cups frozen peas  
 $\frac{1}{2}$  cup chopped onion

2 cups chopped celery  
2 cups Miracle Whip  
 $\frac{1}{2}$  tsp. garlic salt

Put all together; marinate several hours.

## MIXED VEGETABLE SALAD

Donna Willemssen  
Otley, Iowa

1 pkg. (20 oz.) frozen mixed  
vegetables  
4 stalks celery, chopped  
1 small jar pimentos (cut smaller)

1 can kidney beans (washed  
and drained)  
 $\frac{1}{2}$  green pepper, chopped

Cook frozen vegetables. Drain and cool. Mix with remaining vegetables. Add dressing. Chill overnight.

### Dressing:

$\frac{3}{4}$  cup sugar

1 Tbsp. prepared mustard

1 heaping Tbsp. flour

$\frac{1}{2}$  cup vinegar

$\frac{1}{4}$  tsp. salt

Cook dressing until it thickens. Cool.

## RAW SPINACH SALAD

Marlys De Wild

$\frac{1}{2}$  cup Miracle Whip  
1 Tbsp. minced onion  
 $\frac{1}{2}$  tsp. thyme  
 $\frac{1}{2}$  tsp. salad herbs (Spice Island  
brand)

$\frac{1}{2}$  tsp. garlic powder  
2 Tbsp. Parmesan cheese  
2 Tbsp. sugar  
2 Tbsp. salad oil  
1 Tbsp. vinegar

Combine all ingredients and refrigerate. (Best if prepared a few hours before serving.) Wash and drain fresh spinach. Cut up into bite-size pieces. Add dressing  $\frac{1}{2}$  hour before serving. **Optional:** Salad is even better with sliced boiled eggs, sliced fresh mushrooms and French fried croutons. Add these at last minute or use as garnishes.



## SPINACH SALAD

Shirely Weller

- |                                    |  |
|------------------------------------|--|
| $\frac{2}{3}$ cup salad oil        | $\frac{1}{4}$ tsp. pepper                        |
| 3 Tbsp. tarragon vinegar           | 1 tsp. salt                                      |
| $\frac{1}{4}$ cup red wine vinegar | 1 lb. fresh spinach, washed and torn into pieces |
| 2 Tbsp. bacon grease               | 1 lb. bacon, fried crisp, crumbled               |
| 1 tsp. Worcestershire sauce        |  |

Combine first seven ingredients in jar and shake to blend flavors. Combine spinach and bacon and toss with dressing. Serves 6.

## SAUERKRAUT SALAD

Nellie Fish  
Rochester, Indiana

- |                                   |  |
|-----------------------------------|--|
| 1 large can (28 oz.) sauerkraut   | $\frac{1}{2}$ cup chopped celery       |
| $\frac{1}{2}$ cup shredded carrot | $\frac{1}{2}$ cup chopped green pepper |
| $\frac{1}{2}$ cup chopped onion   | $\frac{1}{2}$ cup sugar                |

Mix thoroughly and let stand several hours. Great for picnics!

## PIZZA SALAD

Joan Klyn

### Dressing

- |                             |                                  |
|-----------------------------|----------------------------------|
| 1 (8 oz.) can tomato sauce  | 1 tsp. salt                      |
| $\frac{1}{2}$ cup salad oil | 1 tsp. crushed oregano           |
| $\frac{1}{4}$ cup vinegar   | $\frac{1}{2}$ tsp. garlic powder |
| 1 tsp. sugar                | dash pepper                      |

Combine in jar. Cover, shake and chill.

- |  |  |
|--|--|
| 1 medium head lettuce, torn                                    | 1 cup shredded Cheddar cheese              |
| 8 ozs. sliced salami, cut into small strips                    | 2 tomatoes, chopped                        |
| 1 cup Mozzarella cheese cut into thin strips (can be shredded) | 1 chopped green pepper                     |
|  | $\frac{3}{4}$ cup ripe olives, cut in half |

Combine lettuce and other salad ingredients. Shake dressing, pour some on salad and toss. Serve with dressing on the side.

## MACARONI-HAM SALAD

Mrs. Walter Roorda

- |                                    |  |
|------------------------------------|--|
| 2 cups (7 oz.) dry macaroni        | 1 cup diced Cheddar cheese                     |
| 2 Tbsp. salad oil                  | $\frac{1}{2}$ cup mayonnaise or salad dressing |
| 2 Tbsp. vinegar                    | 1 (7 oz.) can peas, drained                    |
| 1 Tbsp. minced onion               | 1 cup diced ham                                |
| $\frac{1}{2}$ tsp. seasoned salt   | 1 cup diced celery                             |
| $\frac{1}{4}$ tsp. seasoned pepper |  |

Cook macaroni according to package directions, do not chill. While still hot, drizzle with oil and vinegar. Add onion, seasonings and cheese. Toss well. Mix in mayonnaise, ham, peas and celery. Chill and serve on salad greens. Makes 6 to 8 servings.

## CORNERD BEEF SALAD

Mrs. Robert (Marie) Vance  
Sun City, Arizona

- |   |                                |
|---|--------------------------------|
| 1 pkg. lemon jello                            | ½ onion, chopped fine          |
| 1 cup boiling water                           | 1 pimento, chopped             |
| 1 cup salad dressing                          | 2 hard boiled eggs, chopped    |
| 1 cup celery, chopped fine                    | 1 tsp. pickle relish juice and |
| 2 small cucumbers, seeded and<br>chopped fine | 2 Tbsp. pickle relish          |
| 1 green pepper, chopped fine                  | 1 can corned beef, chopped     |

Dissolve jello in water. Cool, add remaining ingredients. Mix well and chill overnight. Serve with sour cream to which a small amount of horseradish has been added. Serves 10.

## TUNA CRUNCH SALAD

Pat Ulrich

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 can tuna (7½ oz.) drained | 4 hard cooked eggs, chopped |
| 1 cup peas                  | 1 cup Chow Mein noodles     |
| 1 cup shredded carrots      | mayonnaise                  |
| 2 Tbsp. minced onion        | salt or pepper if desired   |
| 1 cup chopped celery        |                             |

Mix ingredients, except noodles, and chill. Stir in noodles just before serving.

## SHRIMP AND RICE FLOWER SALAD

Carol Van Der Meide  
Cedar Falls, Iowa

- |  |                                |
|--|--------------------------------|
| 1 small head cauliflower, sliced         | 2 oz. Cheddar cheese, shredded |
| 1 cup cooked brown rice                  | 1 small onion, diced           |
| 4 oz. small shrimp (frozen or<br>canned) | 1 small green pepper, diced    |

Mix above ingredients. Toss with dressing.

### Dressing:

- 2 cups mayonnaise

- ½ cup sugar

- ½ cup Parmesan cheese

Chill overnight. Serve on bed of lettuce.

## SEAFOOD SALAD

Mrs. Elmer Christians  
Kanawha, Iowa

- |                             |                              |
|-----------------------------|------------------------------|
| 3 cups cooked macaroni      | 1 medium can tuna fish       |
| 3 hard boiled eggs, chopped | 1 medium can shrimp, drained |
| 1 medium onion, diced       | ½ cup sweet pickle relish    |
| 1 cup crushed potato chips  | ¾ cup salad dressing         |
| 1 green pepper, chopped     | salt and pepper to taste     |

Mix all together and chill.

## CONFETTI COTTAGE CHEESE SALAD

Evelyn Beyer

- 2 lb. carton cottage cheese
- 1 carrot, grated
- 3 green onions, minced
- 2 Tbsp. chopped parsley
- 1 large bell pepper, diced

- 2 Tbsp. Accent
- ½ cup mayonnaise (no substitute)
- 1 Tbsp. red pimento, chopped
- salt and pepper to taste

Mix and chill. Serves 8 to 10.

## CHICKEN-ARTICHOKE SALAD

Mrs. Robert D. Ray  
Des Moines, Iowa

- 2 cups diced cooked chicken
- 1 pkg. chicken-flavored Ricearoni  
(prepare as on pkg. omitting  
butter)
- 6 green onions, sliced
- ¼ cup stuffed green olives, sliced

- ½ cup chopped green pepper
- 2 jars (6 oz.) marinated artichoke  
hearts - drain juice and save
- ¼ tsp. curry powder
- ⅓ cup mayonnaise

Combine Ricearoni, onions, green pepper and olives. Mix with marinade, mayonnaise and curry. Add sliced artichokes and chicken. Toss lightly.

## CHINESE CHICKEN SALAD

Mary Farver Griffith  
Golden Valley, Minn.

- 2 whole chicken breasts
- 6 to 10 green onions or ½ cup  
Chinese pea pods
- 1 small carrot
- 4 to 6 cups shredded Napa  
cabbage (Chinese)
- 2 Tbsp. peanuts
- Sauce:**
- 1 Tbsp. cold brewed tea

- ¼ cup sesame paste (tahini)
- 1 to 2 Tbsp. hot oil
- 3 Tbsp. light soy sauce
- 3 Tbsp. red wine vinegar
- 2 tsp. sugar
- ¼ cup peanut, vegetable or  
corn oil
- 1 clove garlic
- 1 Tbsp. sesame oil

Cook chicken breasts. Remove and discard skin and bones. Cut into thin strips. Trim green onions to about 3", make into fans by making slashes about ½" deep at both ends. Peel carrot and make 3 deep grooves down its length. Slice thinly into carrot flowers. Onions and carrots can be made ahead and kept in cold water until serving.

**Sauce:** Beat tea into sesame paste with wire whisk. Stir in remaining ingredients.

Arrange chicken on a bed of shredded Napa cabbage. Sprinkle peanuts over all. Drain carrot flowers and green onion fans (if held in cold water) and sprinkle over chicken. Pea pods can be used instead of onions. Pour sauce to taste over all. Extra sauce can be refrigerated.

Serves 4.



## APPLE MALLOW YAM BAKE

Elma Boerefyn  
Ruth Ann Kuhn

2 sliced apples  
 $\frac{1}{3}$  cup chopped pecans  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  tsp. cinnamon

2 (17 oz.) cans yams, drained  
 $\frac{1}{4}$  cup margarine  
2 cups miniature marshmallows

Toss apples and nuts with combined brown sugar and cinnamon. Alternate layers of apples and yams in  $1\frac{1}{2}$  quart casserole. Dot with margarine. Cover and bake at  $350^{\circ}$  for 35 to 40 minutes. Sprinkle marshmallows over yams and apples. Broil until lightly browned. Makes 6-8 servings.

## BOSTON BAKED POTATOES

Joan Klyn

1 slice bacon, chopped  
 $\frac{1}{4}$  cup vinegar  
 $\frac{1}{4}$  cup light molasses  
 $\frac{1}{4}$  cup packed brown sugar

1 tsp. salt  
1 tsp. dry mustard  
1 medium onion, chopped  
6 medium potatoes, peeled, sliced

Brown bacon, discard fat. Stir in vinegar, molasses, sugar, salt, mustard and onion. Bring to boil. Stir in potatoes. Cover and simmer 10 min. Put into 2 qt. casserole. Bake at  $400^{\circ}$  about 40 min., stirring twice. Can be served hot or cold. Serves 4.

## SWISS CHARD & POTATO CASSEROLE

Maxine Huffman

3 cups sliced, cooked Irish potatoes  
4 carrots, cooked and sliced  
4 cups cooked, chopped Swiss chard

4 Tbsp. butter (or margarine) cut in chunks  
bread or cracker crumbs  
 $\frac{1}{2}$  cup plus 2 Tbsp. grated Parmesan cheese

Mix Swiss chard with  $\frac{1}{2}$  cup of Parmesan cheese. Layer half of potatoes, carrots and chard/cheese mixture. Repeat. Sprinkle bread or cracker crumbs over top. Sprinkle 2 Tbsp. grated cheese over crumbs. Dot with butter. Bake at  $350^{\circ}$  for 20 minutes. Serves 6.

## FIRST-RATE SCALLOPED POTATOES

Elma Boerefyn

4 cups potatoes  
 $\frac{1}{3}$  cup butter or margarine  
 $\frac{1}{3}$  cup flour  
1 tsp. salt

$\frac{1}{4}$  tsp. pepper  
 $\frac{1}{2}$  tsp. paprika  
3 cups milk

Pare potatoes and cut into thin slices. Melt butter; blend flour and seasonings. Cook gently a few minutes. Gradually add milk. Cook until thick, stirring constantly. Arrange layers of potatoes and sauce in greased baking dish. Bake at  $325^{\circ}$   $1\frac{1}{2}$  hours.

## CREAMY HASH BROWNS

Millie Vande Kieft  
Helen Diehl, Newton, Iowa  
Mary Wilson, Bennett, Iowa

- |                                    |                      |
|------------------------------------|----------------------|
| 1 (2 lb.) pkg. frozen hash browns  | 1 tsp. salt          |
| 1 cup sour cream                   | ½ tsp. pepper        |
| 2 Tbsp. minced onion               | ¼ cup butter, melted |
| 1 can mushroom soup                | ¼ cup grated cheese  |
| 1 can potato soup (or celery soup) | crushed cornflakes   |
| ¼ cup grated cheese                | parsley and paprika  |

Combine all ingredients except cheese, cornflakes, parsley and paprika. Put into buttered casserole. Put cheese on top. Add cornflakes. Garnish with paprika and parsley. Bake at 350° for 40 - 60 minutes.

**Variation:** To hash browns, add 1 carton sour cream, 1 can of cheddar cheese soup and 1 can cream of celery soup, (add milk if dry.) Bake 325° for 2 hours. Serves 6.

## ZESTY HOT POTATO SALAD

Lois Smith

- |                         |                                     |
|-------------------------|-------------------------------------|
| 5 to 6 medium potatoes  | 2 Tbsp. vinegar                     |
| 4 slices bacon          | 1 Tbsp. sugar                       |
| 1 medium onion, chopped | 1 tsp. salt                         |
| 2 Tbsp. flour           | 1 tsp. grated lemon peel (optional) |
| ¼ cup prepared mustard  | ¼ tsp. pepper                       |
| ¾ cup water             | 2 Tbsp. snipped parsley             |
| 2 Tbsp. lemon juice     |                                     |

Cook potatoes until tender. Peel and slice. Fry bacon until crisp. Remove from skillet, crumble and set aside. Saute onion in bacon drippings. Blend in flour and mustard. Add rest of ingredients except parsley. Stir until smooth. Bring to a boil, reduce heat and cook till thickened. Add potatoes, mixing lightly. Heat until warm. Toss with parsley and crumbled bacon. Serve immediately.

## CREAMY POTATO BAKE

Coretha Rozendaal

(Microwave - total cooking time 18 min.)

- |   |   |
|---|---|
| 4 cups thinly sliced, pared potatoes (4 medium) | ½ cup water   |
| ¼ cup chopped onion                             | 1 (10¾ oz.) can cond. golden mushroom or cr. of mushroom soup |
| ¼ tsp. salt                                     | ¼ cup milk  |

Place potatoes, onion, salt and water in 1½ qt. casserole. Cook, covered, on high (full power) for 10-12 min. or till barely tender; stirring gently once. Drain well. Combine soup and milk; add to potatoes. Cook, uncovered, on high for 8-10 min. or till mixture bubbles, stirring twice. 6 servings.

## BULGAR WHEAT PILAF

Karen Rempe

- |   |                                  |
|---|----------------------------------|
| 2 Tbsp. butter or margarine               | ¼ tsp. oregano                   |
| ½ cup chopped celery                      | ½ tsp. salt                      |
| 1 medium onion, chopped                   | ¼ tsp. pepper                    |
| ½ cup sliced mushrooms                    | 2 cups water                     |
| 1 cup bulgar (cracked wheat),<br>uncooked | 2 beef or chicken bouillon cubes |
| ¼ tsp. dill weed                          | 1 Tbsp. chopped parsley          |
|   | 2 Tbsp. chopped pimento          |

Melt butter in large skillet; add vegetables and bulgar wheat. Stir until vegetables are tender and bulgar is golden. Add the seasonings, water and bouillon cubes; cover and bring to boil. Reduce heat and simmer 15 minutes. Stir in parsley and pimento just before serving. Serves 4.

## BROCCOLI PUFF

Marcie Bremer  
Scottsdale, Arizona

- |  |                               |
|--|-------------------------------|
| 1 (10 oz.) pkg. frozen broccoli cuts   | ¼ cup mayonnaise              |
| 1 can cr. of mushroom soup             | 1 beaten egg                  |
| 2 oz. (½ cup) sharp American<br>cheese | ¼ cup dried fine bread crumbs |
| ¼ cup milk                             | 1 Tbsp. margarine melted      |

Cook frozen broccoli according to pkg. directions, omitting salt called for; drain thoroughly. Place broccoli cuts in 10 x 6 x 1½" baking dish. Stir together condensed soup and shredded cheese. Gradually add milk, mayonnaise and beaten egg to soup mixture, stirring until well blended. Pour over broccoli in baking dish. Combine bread crumbs and melted margarine. Sprinkle evenly over soup mixture. Bake in 350° oven for 45 minutes till crumbs are lightly browned. Serves 6.

## CHEDDAR BROCCOLI BAKE

Beth Marcus  
Grandville, Michigan  
Carol Van Der Meide, Cedar Falls, Iowa

- |   |  |
|---|--|
| 4 Tbsp. margarine                           | ¾ cup cornflake crumbs   |
| 2 Tbsp. flour                               | 1 (12 oz.) can whole kernel corn,<br>drained                   |
| ¼ tsp. salt                                 | 2 (10 oz.) pkgs. frozen broccoli<br>spears, cooked and drained |
| 1½ cups milk                                |  |
| 1½ cups (6 ozs.) shredded<br>Cheddar cheese |  |

Melt 2 Tbsp. margarine. Stir in flour and salt. Add milk gradually, mixing until smooth. Cook until mixture boils, stirring constantly. Add cheese, stirring until melted. Mix in ¼ cup cornflake crumbs and corn. Arrange broccoli in 11¾ x 7½ inch baking dish. Pour cheese sauce over broccoli. Toss remaining ½ cup crumbs with 2 Tbsp. margarine, melted. Sprinkle over casserole. Bake at 350° - 30 minutes. Serves 8. Note: To make ahead cover unbaked casserole and refrigerate overnight. Bake uncovered at 350 about 45 minutes.



## **FESTIVAL BROCCOLI** **(Microwave)**

**Beatrice Aalbers**

Microwave in casserole 1 (10 oz.) pkg. broccoli, 6 minutes on high. Drain. Add 1 can mushroom soup mixed with small jar cheese spread (or any other cheese). Cook 4 to 5 minutes on roast. Top with toasted bread crumbs.

## **CAULIFLOWER WITH ALMONDS**

**Mert Tysseling**

1 head cauliflower	$\frac{3}{4}$ cup almonds, toasted and
2 cups cream sauce	chopped
salt and pepper, to taste	$\frac{1}{2}$ cup butter

Cook cauliflower 10 minutes. Place in casserole. Pour cream sauce over and dot with butter. Sprinkle with nuts. Cover and bake 30 minutes at 350°.

### **Cream Sauce:**

4 Tbsp. flour	2 cups milk
4 Tbsp. butter, melted	$\frac{1}{4}$ tsp. salt

Mix flour with butter and boil 3 minutes. Add milk and cook for 5 minutes. Season with salt.

## **CAULIFLOWER SUPREME** **(Microwave)**

**Beatrice Aalbers**

1 head cauliflower (microwave 9 minutes)	<b>Sauce:</b>
1 pkg. peas (frozen) (microwave 4 to 5 minutes)	1 cup salad dressing
$\frac{1}{2}$ cup grated cheese	1 tsp. mustard
	$\frac{1}{4}$ tsp. minced onion

Put cauliflower on center of large plate, surround with peas. Mix together sauce and pour over cauliflower. Sprinkle with cheese. (Very attractive.)

## **ZUCCHINI CASSEROLE**

**Mrs. Rodney Davisson**  
**Washington, Iowa**

4 medium zucchini, sliced $\frac{1}{2}$ inch thick, unpeeled	3 cups herb seasoned stuffing bread cubes
7 Tbsp. oleo or butter	1 can cream of chicken soup
1 cup shredded carrots	$\frac{1}{2}$ cup sour cream
$\frac{3}{4}$ cup chopped onion	

Cook zucchini till tender. Drain. In pan, melt 5 Tbsp. oleo, add carrots and onion. Saute. Remove from heat and add 2 cups bread cubes and remaining ingredients. Fold in zucchini. Spoon in 3 qt. casserole. Melt remaining oleo or butter and add remaining bread cubes. Sprinkle over top of casserole. Bake in a 350° oven, 30 to 40 minutes.

## ZUCCHINI-CORN PUDDING

Ruth B. Mount  
Bronxville, New York

8 to 9 medium-sized zucchini  
(approx. 1½ lbs.)  
1 onion, thinly sliced  
1 green pepper, ground or minced  
1 to 2 cloves of garlic (optional)

pinch rosemary and oregano  
¼ cup salad oil  
1 (no. 2) can cream style corn  
½ to 1 cup grated Cheddar cheese  
3 eggs well beaten  
salt, pepper, dash hot sauce

Cook or steam zucchini in small amount of water for 3 minutes, drain. Sauté onion, green pepper, garlic and herbs until soft, add remaining ingredients. Turn into greased casserole. Bake at 350° 45-60 minutes. Buttered crumbs can be sprinkled on top.

## ZUCCHINI IN DILL CREAM SAUCE

Kathy Blom

2¼ lbs. unpared zucchini, cut in  
strips (7 cups)  
¼ cup finely chopped onion  
½ cup water  
1 tsp. salt  
1 tsp. instant bouillon granules  
½ tsp. dried dill weed

2 Tbsp. butter or margarine,  
melted  
2 tsp. sugar  
1 tsp. lemon juice  
2 Tbsp. flour  
½ cup dairy sour cream

In saucepan, combine zucchini, onion, water, salt, bouillon granules and dill. Bring to a boil. Reduce heat. Simmer, covered, 5 minutes till zucchini is just tender. Do not drain. Add butter or margarine, sugar and lemon juice. Remove from heat. Blend flour into sour cream. Stir in about half cooking liquid into sour cream. Return all to saucepan. Cook and stir till thick and bubbly. Serves 6.

## ZUCCHINI BAKE (Microwave)

Shirley Korver  
Paramount, Calif.

1½ lbs. zucchini, diced in ½ inch  
cubes  
3 Tbsp. butter  
2 eggs, beaten

1 cup (4 oz.) grated sharp Cheddar  
cheese  
1 can Durkee's onion rings

In a covered 2 qt. casserole, cook zucchini with butter for 5 minutes on full power. Mix eggs and cheese together and add to zucchini. Cook on defrost or simmer for 10 minutes, covered. Sprinkle onion rings on top and cook 2 minutes more on defrost or simmer uncovered.

## SQUASH ORANGE EN GLACE

Edwarda Dunkin

2 medium-sized butternut squash       $\frac{1}{8}$  cup orange juice  
2½ tsp. grated orange rind      2 large oranges  
 $\frac{1}{2}$  cup sugar      2 Tbsp. soft butter

Clean squash, place in large flat pan upside down and bake until tender. Scoop out inside of cooked squash, leaving the skin. Put in large bowl and add 2 tsp. grated orange rind. Whip and cover — keep warm.

Prepare Glace: Peel and remove white membrane of orange. Section out slices with sharp knife, squeeze juice from orange membrane. Combine sugar, orange juice and remaining  $\frac{1}{2}$  tsp. orange rind. Cook over moderate heat until syrupy. Put hot whipped squash in serving bowl, place butter on top in middle. Pour syrup over it and arrange orange slices around and on top of squash. Serves 6.

## SQUASH CASSEROLE

Arvonne Van Hemert  
Norma Ver Helst

1 lb. Summer squash      1 cup bread crumbs  
2 onions, sliced       $\frac{1}{4}$  cup milk  
1 tsp. sugar      1 cup grated cheese  
1 egg       $\frac{1}{2}$  stick oleo  
salt and pepper to taste

Cook squash and onions in salted water until tender. Drain. Beat until light, add remaining ingredients, reserving a third of the cheese and crumbs for the top layer. Bake at 350° until cheese has melted and top is lightly browned.

## QUICK CABBAGE CASSEROLE

Lorraine Verros

1 small head of cabbage       $\frac{1}{2}$  cup milk  
1 can cream of chicken soup       $\frac{1}{2}$  cup shredded cheese

Cut cabbage into slices and boil in salt water for 10 minutes. Drain carefully in cold water — twice. Mix soup and milk and add to drained cabbage. Place in greased casserole and cover with shredded cheese. Sprinkle with buttered bread or cracker crumbs. Bake for 30 minutes at 350°.

## CARROT SPECIAL

Peggy Pierson

4 cups cooked, sliced carrots      1 stick oleo or butter  
1 large onion, diced      crushed cornflakes  
Velveeta slices

Layer carrots and cheese. Saute onions and butter. Add salt and pepper. Pour over carrots. Cover with crushed cornflakes. Bake at 350° for 30 minutes. Serves 12.



## FRESH VEGETABLE SAUTEE

Mary Steenhoek  
Phoenix, Arizona

Group A vegetables: cauliflower, cabbage, carrots, celery, broccoli  
Group B vegetables: fresh mushrooms, unpeeled zucchini  
Safflower oil or peanut oil

Allow 2½ cups vegetables per person. In heavy frypan heat small amount of oil. Put in Group A vegetables and saute for 3 to 4 minutes. Add Group B vegetables and saute one minute. Stir, put on lid and steam 3 to 4 minutes. Serve over rice and top with hot cheese sauce made by adding ¾ cup cheese to 1 cup of white sauce.

## VEGETABLE CASSEROLE

Doretha Hansen  
Oskaloosa, Iowa

1 box frozen peas	1 can cream of chicken soup
1 box frozen mixed vegetables	(or cream of celery)
1 box frozen beans	3 to 4 slices toast
1 cup cubed Velveeta cheese	1 stick margarine, melted

Cook vegetables until just barely tender. Drain well. Place in buttered casserole. Stir in soup and cheese. Top with cubed toast and melted margarine. Bake at 350° for 35 minutes.

## SAUERKRAUT CASSEROLE

Joan Klyn

4 slices diced bacon, cooked and drained	¾ cup brown sugar
1 small onion, sauteed in bacon fat and drained	1 (no. 2) can tomatoes (drain some juice off)
	1 (no. 2) can sauerkraut, drained

Mix above, bake at 350° 20 minutes covered, then 15 minutes uncovered.

## VERA CRUZ TOMATOES

Elinor C. Brown  
Jackson, Tenn.

3 strips bacon	dash bottled hot pepper sauce
¼ cup chopped onion	4 medium tomatoes
8 oz. fresh spinach, snipped	½ cup (2 oz.) shredded Mozzarella cheese
½ cup dairy sour cream	

Cook bacon till crisp; drain, reserving 2 Tbsp. drippings. Crumble bacon and set aside. Cook onion in reserved drippings till tender; stir in spinach. Cook, covered, till tender, 3 to 5 minutes. Remove from heat; stir in sour cream, bacon and pepper sauce. Cut tops from tomatoes, remove centers, leaving shells. Drain. Salt shells, fill with spinach mixture. Place in 8 x 8 x 2 inch pan. Bake in 375° oven for 20 to 25 minutes. Top with shredded cheese; bake 2 to 3 minutes more or till melted. (Makes 4 servings.)

## **CELERY CASSEROLE**

**Mary Jane Banfield**

- |                               |                           |
|-------------------------------|---------------------------|
| 1 large head pascal celery    | 1 can mushroom soup       |
| ½ cup water                   | ¼ cup butter              |
| 1 tsp. salt                   | 1 cup coarse bread crumbs |
| 1 (8 oz.) can water chestnuts | ½ cup almonds, slivered   |

Wash and trim celery. Cut into 1" pieces to make 6 cups. Place celery, water and salt in a pan. Heat to boiling; lower heat and cover. Simmer 10 minutes. Drain and put into a casserole. Drain liquid from water chestnuts. Slice and add to celery with undiluted mushroom soup. Stir to blend.

Melt butter in skillet. Blend in bread crumbs and almonds. Mix until well coated with butter. Sprinkle over celery mixture. Bake uncovered at 350° for 20 minutes.

## **ANN'S ASPARAGUS**

**Elsie Whalley**

- |                                   |                        |
|-----------------------------------|------------------------|
| 1 (16 oz.) can asparagus, drained | 4 Tbsp. butter         |
| 1 small can carrots               | 4 Tbsp. flour          |
| 5 to 8 eggs, hard boiled          | 2 cups milk            |
| buttered bread crumbs             | salt & pepper to taste |

Place asparagus, carrots and egg in buttered baking dish. Make a thick white sauce with butter, flour and milk. Season. Pour sauce over vegetables and eggs. Top with crumbs. Bake at 350° until hot. (May substitute 3 medium carrots, cut and boiled, for the canned carrots.)

## **GREEN BEANS WITH BACON**

**Arlene Van Zante**

- |  |                               |
|--|-------------------------------|
| 1 pint green beans, cooked and drained | 1 Tbsp. flour                 |
| 3 strips bacon                         | ¾ cup liquid from green beans |
| 1 Tbsp. vinegar                        | 1 tsp. sugar                  |
|  | 1 tsp. prepared mustard       |

Fry bacon until crisp. Remove from pan; crumble and set aside. In the bacon fat blend vinegar and flour until smooth. Add liquid from beans, sugar and mustard. Cook until thick. Add beans and cook until heated. Put crumbled bacon on top.

## **VEGETABLE CASSEROLE**

**Mrs. Leon Robinson  
Woodhull, Illinois**

- |                               |                              |
|-------------------------------|------------------------------|
| 1 pkg. frozen broccoli        | 1 small jar Cheeze Whiz      |
| 1 pkg. frozen cauliflower     | 1 can cream of mushroom soup |
| 1 pkg. frozen brussel sprouts |                              |

Cook vegetables, drain. Combine with cheese and soup. Put in buttered casserole. Top with buttered crumbs or crushed potato chips. Bake at 350° for 30 minutes.

## ESCALLOPED EGG PLANT

Helen Diehl  
Newton, Iowa

- |                                  |                         |
|----------------------------------|-------------------------|
| 1 eggplant (medium sized), cubed | 6 to 7 slices old bread |
| 3 Tbsp. butter                   | 2 eggs                  |
| 1 cup milk (approximate)         | salt and pepper         |

Cook eggplant in salted water until tender (about 15 to 20 minutes). Drain well. Tear bread into bits. Add butter, bread and milk to hot eggplant — do not make too soggy. Add salt and pepper to taste. Add eggs and mix. Bake in a greased casserole at 350° for 1¼ hours.

## PEAS AND ONIONS CASSEROLE

Mrs. Robert (Marie) Vance  
Sun City, Arizona

- |              |                                      |
|--------------|--------------------------------------|
| ¼ cup butter | 1 cup whole onions (canned or fresh) |
| ¼ cup flour  | 2 boxes frozen peas                  |
| ¾ tsp. salt  | 1 cup cornflakes or grape nuts       |
| 2 cups milk  | 2 Tbsp. butter                       |

Make white sauce with butter, flour, salt and milk. Add onions. Thaw peas, spread in 8 x 8 x 2 inch greased casserole. Pour white sauce over. Toss cornflakes with butter and put on top. Bake at 350° until bubbly.

## HOT PEA CASSEROLE

Mrs. Elmer Christians  
Kanawha, Iowa

- |   |                      |
|---|----------------------|
| 1 can peas                              | 1 small onion, diced |
| 1 jar (small) sliced mushrooms, drained | 3 Tbsp. flour        |
| ½ lb. bacon                             | 3 Tbsp. bacon fat    |
|   | ½ pt. whipping cream |

Fry bacon, add onions to bacon during last few minutes of browning. Remove bacon and onions. Cut bacon into pieces. Stir together with peas, mushrooms and onions. Make sauce from other ingredients. Pour on top of pea mixture. Cover and bake 1 hour at 350°.

## BUFFET VEGETABLE BAKE (Microwave)

Beatrice Aalbers

- |                                 |                             |
|---------------------------------|-----------------------------|
| 2 (10 oz.) pkgs. peas & carrots | 1 (10 oz.) pkg. cauliflower |
|---------------------------------|-----------------------------|

Cook 14 minutes in 2 quart casserole on high. Add:

- |                 |                       |
|-----------------|-----------------------|
| 1 can mushrooms | 1 can water chestnuts |
|-----------------|-----------------------|

Stir in after mixed together:

- |                             |                              |
|-----------------------------|------------------------------|
| 1 can cream mushroom soup   | dash of Tobasco sauce        |
| 1 tsp. Worcestershire sauce | 2 cups grated Cheddar cheese |

Cook for 8 more minutes on roast. Top with ½ cup cracker crumbs.





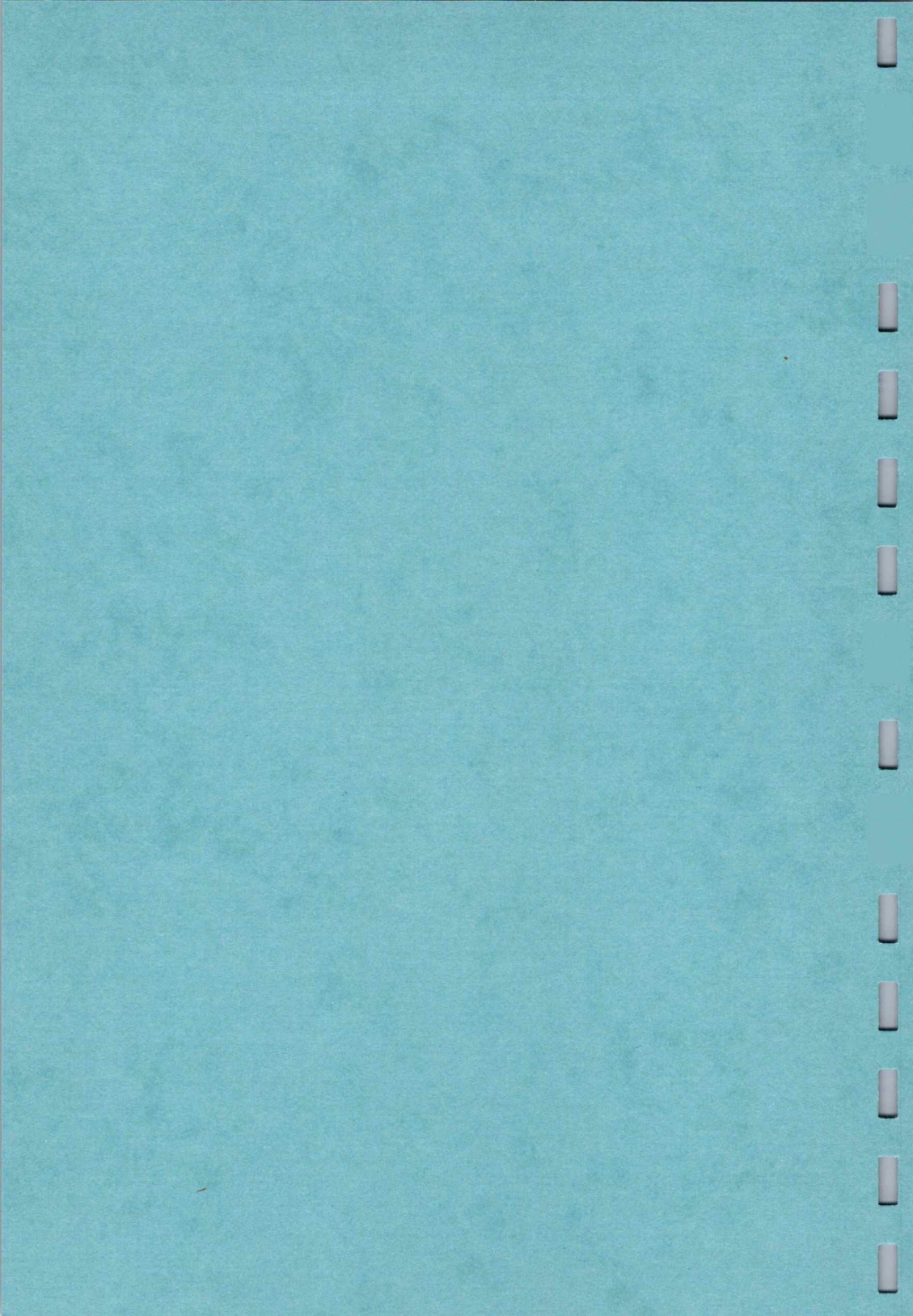
# Village of Staphorst



## Desserts

Edited by: Maurine Timmer  
Sue Brandl





## RHUBARB COBBLER

Betty Johnson  
Oskaloosa, Iowa

3 cups cut rhubarb  
2 cups sugar  
1½ cups Bisquick

2 eggs  
⅓ cup oil

Beat eggs. Add oil and sugar. Add Bisquick and rhubarb. Place mixture in a 9 x 13 pan and bake for 40 minutes at 350°.

## RAINBOW SHERBET DESSERT

Glenys Schouten

2 cups coconut cookie crumbs  
¼ cup melted butter or margarine

½ gal. rainbow sherbet ice cream  
2 pkgs. Dream Whip

Mix the coconut cookie crumbs and the melted butter, press into a 9x13" pan (save some crumbs for topping.) Slice ½ gal. of rainbow sherbet and arrange on crust. Prepare the Dream Whip, spread over sherbet, sprinkle crumbs on top. Freeze.

## MARGUERITES

Emma Lou Heusinkveld  
(From my mother, Pauline Becker)

1 egg white  
¼ cup sugar  
½ tsp. vanilla

2 Tbsp. chopped nuts  
12 soda crackers

Beat egg white until stiff, fold in sugar, add vanilla and nuts. Spread on crackers and bake in a slow oven (300°) until browned and crisp (about 20 minutes). Six servings. This is a good quickie dessert to slip into the oven when you serve an oven dinner.

## FRUIT COCKTAIL DELIGHT

Norma Ver Helst  
Mrs. Adrian Hoenig, Fort Madison, Iowa

1 cup white sugar  
1 cup flour  
½ tsp. salt  
1 tsp. soda

1 tsp. vanilla  
1 egg, slightly beaten  
1 (16 oz.) fruit cocktail, with juice

### Topping:

½ cup brown sugar  
½ cup nuts

whipped cream

Mix all ingredients except the topping, in a bowl. Mix well. Pour into an 8x12 pan. Sprinkle the topping over top. Bake 35 minutes at 350°. Serve with whipped cream.



## BLUSHING APPLE DESSERT

Martina Vander Kooy  
Lansing, Illinois

⅓ cup butter  
1 cup flour  
1 Tbsp. sugar  
¾ tsp. baking powder  
¼ tsp. salt  
1 egg, beaten  
1 Tbsp. milk

6 cups peeled apples  
1 (3 oz.) pkg. strawberry Jello  
2 Tbsp. sugar  
1 cup flour  
1 cup sugar  
½ cup butter  
whipped cream

Cream the butter until fluffy. Sift together the flour, sugar, baking powder and salt. Combine the egg and milk. Add dry ingredients alternately with egg mixture. Mix well. Press into a greased 8x8 pan, forming crust partly up sides of pan. Slice apples and lay on dough so they overlap. Combine the Jello with the sugar and sprinkle over the apples. Combine the flour and sugar and cut in the butter until coarse crumbs form. Sprinkle crumbs over apples. Bake at 350° for 50 minutes. Serve with whipped cream. This dessert can also be baked in a 9" spring form pan. Serves 12.

## MICROWAVE BAKED APPLES

Pat Hatts  
Waterloo, Iowa

4 apples (about 1½ lbs.)  
¼ cup sugar

butter

Carefully core apples and slice thin circle of peel from top of each apple. Arrange apples in 9" glass cake dish. Spoon 1 Tbsp. sugar into cavity and add small piece of butter to each apple. Cook 4-5 minutes on high or regular cook or until apples are tender. Let apples stand a few minutes before testing. Good with ice cream.

## DATE DESSERT

Carolyn Busker  
Leighton, Iowa

12 cream-filled chocolate cookies,  
crushed  
1 (8 oz.) pkg. (1 cup) pitted dates,  
cut up  
¾ cup water  
¼ tsp. salt

2 cups miniature marshmallows  
½ cup chopped walnuts  
1 cup whipping cream  
½ tsp. vanilla  
walnut halves

Reserve ¼ cup cookie crumbs, spread remainder in 10x6x1½" baking dish. In saucepan, combine dates, water, and salt; bring to boil. Reduce heat and simmer 3 minutes. Remove from heat, add marshmallows and stir until melted. Cool to room temperature. Stir in chopped nuts. Spread date mixture over crumbs in dish. Combine cream and vanilla, whip, and swirl over dates. Sprinkle with reserved crumbs; top with walnut halves. Chill overnight. Cut in squares. Makes 8-10 servings.

## STRAWBERRY DESSERT

Jan Gross

- |                      |  |
|----------------------|--|
| ½ cup butter         | 1 cup sugar                              |
| 1 cup flour          | 1 pkg. strawberries and juice,<br>thawed |
| ¼ cup brown sugar    | 1 tsp. vanilla                           |
| ½ cup chopped pecans | ½ pt. whipping cream, whipped            |
| 2 egg whites         |  |

Mix the butter, flour, brown sugar and pecans together and put into a 9 x 13 pan. Bake in 400° oven for 15 minutes, stirring often until brown. Cool and crumb. Pat half of this crumb mixture into a buttered 9 x 13 pan. Mix the egg whites, sugar, strawberries and vanilla together and beat for 20 minutes. Fold in ½ pint whipping cream, whipped. Pour into pan, and top with rest of crumbs. Freeze.

## FROZEN ANGEL FOOD DESSERT

Maurine Timmer

- |                                   |   |
|-----------------------------------|---|
| ½ gal. vanilla ice cream          | 1 pkg. orange Jello                       |
| 1 angel food cake, torn in pieces | 1 large pkg. frozen strawberries          |
| 1 pkg. strawberry Jello           | 1 pkg. blueberries                        |
| 1 pkg. lime Jello                 | 1 can well-drained apricots or<br>peaches |

Divide angel food cake into three bowls. Sprinkle the dry Jello, one color each into the three bowls, thoroughly coating each piece of angel food cake. Using a round angel food cake pan, layer: the red angel food cake, partially thawed strawberries, completely cover this with 1/3 of the ice cream. The green Jello pieces and the blueberries, completely cover with 1/3 of the ice cream. Then the orange pieces of cake and the peaches or apricots, and completely cover this layer with the remaining ice cream. Freeze. Take out of freezer a little while before serving. Serves 14.

## PINEAPPLE DESSERT

Arlene Paule  
Burlington, Iowa

- |                  |             |
|------------------|-------------|
| 30 Ritz crackers | 1 cup sugar |
| 3 egg whites     | ½ cup nuts  |

Beat egg whites until stiff, add sugar, beat until peaks form. Fold in chopped nuts. Spread Ritz crackers coarsely in bottom of pan. Top with above mixture. Bake at 350° for 30 - 45 minutes.

### Filling:

- |                             |                                |
|-----------------------------|--------------------------------|
| 1 (8 oz.) pkg. cream cheese | 1 tsp. vanilla                 |
| ½ cup powdered sugar        | 1 medium can crushed pineapple |
| 2 pkg. Dream Whip           | coconut                        |

Cream vanilla, sugar and cream cheese. Whip Dream Whip. Fold into cheese mixture along with crushed pineapple, drained. Pour over cracker mixture which has been cooled. Sprinkle coconut over top.

## FRUIT PIZZA

Sara Caldwell, Dian Van Dalen  
Carol DeBeer, Cedar Falls, Iowa

1 (18 oz.) commercial sugar cookie roll  
 $\frac{3}{8}$  cup water  
 $\frac{1}{2}$  cup orange juice  
 $\frac{1}{8}$  cup lemon juice  
 $1\frac{1}{2}$  Tbsp. cornstarch  
 $\frac{1}{2}$  cup sugar

dash of salt  
1 (8 oz.) pkg. cream cheese  
1 tsp vanilla  
 $\frac{1}{2}$  cup sugar  
**Fruits:** fresh or canned, bananas, peaches, mandarin oranges, strawberries, pineapple, grapes, apples, etc.

Cut the commercial sugar cookie roll in  $\frac{1}{8}$  inch slices and line a pizza pan with the slices. Bake at  $350^{\circ}$  for 10 minutes. Cool. In a mixing bowl, put the cream cheese, vanilla and  $\frac{1}{2}$  cup sugar and mix until creamy. Spread on cooled sugar cookie crust. Layer on sliced fruit in a circle over the cream cheese mixture. Use your imagination and use whatever fruits you please. Top with a cooled orange sauce made by mixing the water, orange juice, lemon juice, cornstarch, sugar and salt and bring to boil and cook one minute. Cool completely before pouring over the fruit. Cool in refrigerator until the topping gels. Cut in wedges to serve.

**Variation:** for fruits use 1 pkg. of whole sweetened strawberries that have been drained, 2 sliced bananas and 2 cans mandarin oranges. Mix fruits together. Top with a mixture of  $\frac{1}{4}$  cup strawberry jam and 1 Tbsp. water; melted and cooled.

## FRESH FRUIT DESSERT

Mrs. Edwin (Luella) Mulder  
Holland, Michigan

1 pkg. instant vanilla pudding  
1 cup of milk  
2 Tbsp. brandy (fruit or plain)

fresh fruit  
coconut and/or nuts  
1 cup Cool Whip

Mix pudding with milk. Stir by hand 1 minute and let set until slightly thickened. Mix in brandy and add Cool Whip and stir until just mixed through. Arrange fresh fruit (a variety of whatever is in season, drain first if some of the fruits are juicy) in bowl or compote. Spoon pudding over fruit, alternating pudding and fruit and sprinkle with coconut or nuts if desired. Chill.

## CREAM CHEESE DESSERT

Jan VandenBerg

2 (8 oz.) pkgs. cream cheese  
1 ( $3\frac{3}{8}$  oz.) pkg. vanilla pudding,  
not instant

1 cup sugar  
2 eggs  
vanilla wafers

Beat above ingredients together. Put 1 vanilla wafer in bottom of paper cupcake liner. Fill cupcake liner  $\frac{3}{4}$  full of above mixture. Bake 15-20 minutes at  $350^{\circ}$ . When cool, top with fresh fruit or pie filling or whipped cream.



## CHOCOLATE COOKIE DESSERT

Beth De Beer  
Cedar Falls, Iowa

2 cups chocolate cookie crumbs       $\frac{1}{3}$  cup oleo (melted)

Mix and put in 9 inch square pan.

1 pkg. lime Jello

1 $\frac{3}{4}$  cups hot water

$\frac{1}{4}$  cup lemon juice

1 $\frac{1}{2}$  cups whipping cream

1 cup sugar

Dissolve Jello in hot water. Let stand until congealed. Chill and whip cream. Add to Jello mixture with lemon juice and sugar. Beat well. Pour this mixture onto crumb crust.

## CHOCOLATE SUNDAE DESSERT

Sue Plantinga  
Telida Ver Ploeg

2 cups cookie crumbs, vanilla

2 cups powdered sugar

wafers or coconut macaroons

1 tsp. vanilla

$\frac{1}{3}$  lb. butter or margarine, melted

$\frac{3}{4}$  cup chopped pecans

2 sq. (2 oz.) unsweetened chocolate

$\frac{1}{2}$  gal. softened vanilla ice cream

OR 1 (6 oz.) pkg. chocolate chips

OR peppermint stick ice cream

3 well-beaten egg yolks

3 egg whites

Toss together crumbs and melted butter. Reserve  $\frac{1}{4}$  cup crumb mixture. Press remaining crumb mixture into a 9x13 pan. Spread with ice cream, freeze. Over hot water, melt the chocolate with an additional  $\frac{1}{2}$  cup butter (or the chips with  $\frac{1}{4}$  cup butter) together. Remove from heat. Gradually stir in the egg yolks with powdered sugar, nuts and vanilla. Cool thoroughly. Beat egg whites until stiff peaks form. Beat chocolate mixture until smooth; fold in egg whites. Spread chocolate mixture over ice cream; top with the reserved crumb mixture; freeze.

## MICROWAVE CHOCOLATE MARSHMALLOW PUDDING

Pat Hatts  
Waterloo, Iowa

$\frac{1}{2}$  cup unsweetened cocoa

2 $\frac{1}{2}$  cups milk

$\frac{1}{2}$  cup sugar

1 cup miniature marshmallows

2 Tbsp. cornstarch

1 egg well beaten

$\frac{1}{4}$  tsp. salt

1 tsp. vanilla

1. Combine cocoa, sugar, cornstarch and salt in a deep, 1 $\frac{1}{2}$  qt. heat-resistant, non metallic casserole.
2. Add milk gradually to dry ingredients, stirring constantly.
3. Heat, uncovered, in microwave oven for 4 minutes on high. Stir and heat, uncovered an additional 2 minutes, high, with microwave energy.
4. Add marshmallows to chocolate mixture and stir until marshmallows are melted and blended with chocolate mixture.
5. Add beaten egg to chocolate-marshmallow mixture.
6. Heat, uncovered, in microwave oven for 2 minutes.
7. Stir in vanilla and place in refrigerator to chill.

## DATE PUDDING

Joan Klyn

- |                     |                      |
|---------------------|----------------------|
| 1 cup chopped dates | 1 egg                |
| 1 cup boiling water | 1½ cups flour        |
| 1 tsp. soda         | 1 tsp. baking powder |
| 1 cup sugar         | ½ tsp. salt          |
| 1 Tbsp. butter      | ¼ cup chopped nuts   |

Mix together the 1 cup chopped dates, water and soda, set aside. Cream together the sugar, butter and egg, then add the flour, baking powder, salt and nuts. Mix with date mixture. Bake at 350° for 30 minutes in a 9 x 13" pan.

### Sauce:

- |                      |                    |
|----------------------|--------------------|
| 1 cup dates, chopped | 1 cup chopped nuts |
| 1 cup sugar          | 1 Tbsp. butter     |
| ¾ cup hot water      | 1 tsp. vanilla     |
|                      | whipped cream      |

Cook the dates, sugar and water together until thick, about 30 minutes. Add the chopped nuts, butter and vanilla and spread sauce over cake while still warm. Cool. Top with whipped cream to serve.

## RUMMIE PUDDING

Shirely Weller

(tastes like pecan pie)

- |                 |                             |
|-----------------|-----------------------------|
| 1 cup sugar     | 1 Tbsp. flour               |
| ½ cup margarine | ½ tsp. baking powder        |
| 2 eggs          | 1 cup dates, finely chopped |
| ¾ cup milk      | ½ cup pecans, broken        |

Preheat oven to 350°. Grease 8 x 8" baking pan. Cream sugar and butter; beat in eggs and milk. Sift together flour and baking powder; add to mixture. Fold in dates and pecans. Bake 45 min. Serve warm with whipped cream or ice cream. 9 servings.

## OZARK PUDDING

Mrs. Walter Roorda

- |                           |                                 |
|---------------------------|---------------------------------|
| 2 eggs                    | 1 Tbsp. baking powder           |
| 1 cup sugar               | ⅛ tsp. salt                     |
| 1 tsp. vanilla            | 2 cups chopped peeled apple     |
| ⅓ cup all-purpose flour   | ½ cup chopped walnuts           |
| unsweetened whipped cream | poached apple slices (optional) |

In large mixer bowl, beat together the eggs, sugar and vanilla til light and fluffy. Stir together the flour, baking powder and salt. Blend into creamed mixture. Fold in apple and walnuts. Turn into a greased and floured 9x9x2" baking pan. Bake in a 325° oven for 30-35 minutes. Spoon into dessert dishes. Serve warm with whipped cream and apple slices, if desired. Makes 6 to 8 servings.

## **BANANA-STRAWBERRY TAPIOCA PUDDING**      **Arlene VanZante**

4 cups water	2 sliced bananas
pinch of salt	1 pkg. thawed strawberries
$\frac{2}{3}$ cup minute tapioca	1 cup whipped topping
1 (3 oz.) box of raspberry Jello	

Bring the 4 cups of water with the salt to a boil and add the minute tapioca. Cook slow until clear, about 10-15 minutes. Remove from stove. Add a 3 oz. box of raspberry Jello, mix well. Cool. Then add sliced bananas, the thawed strawberries and whipped topping. Mix well.

## **FRENCH MOLDED CREME**

**Edwarda Dunkin**

Use 8 cup mold	
2 $\frac{1}{2}$ cups whipping cream	1 pint sour cream
1 cup sugar	1 tsp. vanilla
2 envelopes gelatin	1 (10 oz.) frozen raspberries

Mix cream, sugar and gelatin in saucepan, heat gently until gelatin is dissolved. Cool until slightly thick. Fold in sour cream and vanilla, whisk until smooth. Chill in an 8 cup mold until firm. Unmold and pour on raspberry sauce.

**Sauce:** Thaw frozen raspberries and place in blender and blend a few seconds, then pour into strainer to remove seeds. To this juice add a little sugar and  $\frac{1}{2}$  pkg. gelatin.

## **FROZEN LIME PIE**

**Terrie Shirley**

### **Crust:**

$\frac{1}{3}$  cup softened butter  
1 $\frac{1}{4}$  cups chocolate wafer crumbs  
3 Tbsp. sugar

### **Filling:**

1 (14 oz.) can sweetened  
condensed milk  
4 lightly beaten eggs

$\frac{1}{2}$  cup fresh lime juice  
1 Tbsp. grated lime rind

### **Topping:**

1 cup slightly softened vanilla  
ice cream  
1 to 2 Tbsp. grated lime rind for  
garnish

Blend softened butter with chocolate wafer crumbs and sugar. Pat mixture firmly into a greased 9" pie pan and chill for at least 1 hour. Place milk, eggs, lime juice and lime rind in a blender container and blend well, a rotary beater may be used instead. Pour mixture into chilled pie shell, freeze until firm. When pie is set, spread softened ice cream over top and freeze until firm. Just before serving, sprinkle with grated lime rind. After ice cream is set, pie may be covered with plastic wrap and kept in freezer up to two weeks. Serves 8.



## LEMON MERINGUE PIE

Marlyn Rietveld  
Otley, Iowa

### Shell:

4 large or 5 small egg whites  
dash of salt  
¼ tsp. cream of tartar  
1 cup sugar

### Filling:

4 egg yolks (or 5)  
½ cup sugar  
3 Tbsp. water (if 5 egg yolks, use  
5 Tbsp. of water)  
3 Tbsp. lemon juice  
grated rind of 1 lemon  
whipped cream

Beat egg whites until foamy, add salt, cream of tartar and beat until glossy. Slowly add 1 cup of sugar. Place in greased pie pan. Preheat oven to 450°. Put into oven, turn off heat and let set in oven overnight.

**Filling:** Beat egg yolks, add ½ cup sugar, water, lemon juice and grated rind. Cook until thick and spread over meringue. Spread over this filling 1 cup of sweetened whipped cream. Chill thoroughly, approx. 8 hours.

## RUM PIE

Louise Hallenbeck

### Crust:

1½ cups or 1 pkg. graham  
crackers, crushed

½ cup white or brown sugar  
½ cup melted butter (scant)

Mix well and line a buttered 10" pie pan, saving out ½ cup of the crumbs to garnish edge of pie. Either chill 20 minutes or bake in 325° oven 7 minutes. Cool shell before filling.

### Filling:

6 egg yolks  
1 scant cup white sugar  
1 pkg. gelatin in ½ cup cold water

1 pt. whipping cream  
¼ cup dark rum  
slivered sweet chocolate for  
garnish

Beat the egg yolks until light in color. Beat in sugar. Soak gelatin in cold water in a small pan. Bring to a boil and pour over egg mixture very slowly. Whip 1 pint of cream until stiff. Fold into cooled egg mixture and flavor with dark rum. Cool until mixture mounds. Pour in shell, chill. Garnish around edge with crumbs and slivered sweet chocolate.

## FRESH STRAWBERRY PIE

Mrs. Lawrence (Helen) Brown  
Batavia, Iowa

1 cup sugar  
1 cup water  
2 Tbsp. cornstarch  
2 Tbsp. white corn syrup

3 Tbsp. dry strawberry gelatin  
1 quart strawberries, stemmed  
1 baked pie shell

Combine sugar, water, cornstarch and corn syrup. Cook until clear. Add gelatin and cool to room temperature. Pour over strawberries that have been arranged in the baked pie shell. Chill.

## FRESH PEACH PIE

Helen DeBoer  
Adams, Nebraska

- |   |                    |
|---|--------------------|
| 2 cups fresh, sliced peaches            | ¼ cup sugar        |
| 1 Tbsp. lemon juice (or<br>Fruit Fresh) | 3 Tbsp. cornstarch |
|   | 2 tsp. butter      |

Sprinkle peaches with lemon juice and sugar. Let stand 1 hour. Drain, save syrup. Measure 1 cup syrup and add to cornstarch. Stir over low heat until thick. Remove from heat. Add butter. Cool and add peaches. Put in a baked shell.

## RHUBARB CUSTARD PIE

Karen Den Adel  
Mrs. Frank Risius, Buffalo Center, Iowa

- |                    |                 |
|--------------------|-----------------|
| 3 cups cut rhubarb | <b>Custard:</b> |
| 1 cup sugar        | 3 eggs          |
| ¼ tsp. salt        | 2 Tbsp. flour   |
|                    | ½ tsp. cinnamon |
|                    | 1 cup milk      |

Prepare large unbaked pie shell. Set oven at 350°. Cut rhubarb fine. Pour boiling water over rhubarb and let set a few minutes to remove tartness. Drain well. Mix the rhubarb, sugar and salt and let stand. Mix the custard. Beat the eggs, add the flour, cinnamon and milk and add this to the rhubarb mixture. Pour into unbaked shell. Bake 45 minutes at 350°. Fruit will rise to the top, has custard underneath.

## PEANUT BUTTER CHEESE PIE

Joan Klyn

- |  |                                   |
|--|-----------------------------------|
| 8 inch graham cracker or corn<br>flake pie crust | ½ cup peanut butter               |
| 2 (3 oz.) pkgs. cream cheese                     | 2 Tbsp. milk                      |
| ¾ cup powdered sugar                             | 1 (8 oz.) dessert topping, thawed |
|  | coarsely chopped peanuts          |

Beat together cream cheese and sugar until fluffy. Add peanut butter and milk. Fold in dessert topping. Turn into prepared crust. Chill 6 hours or longer. Top with coarsely chopped peanuts.

## PINEAPPLE PECAN PIE

Norma Wonderlich  
Ollie, Iowa

- |                           |                         |
|---------------------------|-------------------------|
| 1 unbaked pie shell       | 3 Tbsp. flour           |
| 1½ cups sugar             | 1 tsp. vanilla          |
| ½ cup margarine or butter | 1 cup crushed pineapple |
| 2 eggs                    | ½ cup pecans            |

Cream sugar and margarine. Add eggs one at a time. Add vanilla and flour. Stir in pineapple and pecans. Pour into an unbaked pie shell and bake at 325° for 1 hour.

## COLONIAL PECAN CHESS PIE

Judy Grooters  
Dallas, Texas

1 unbaked (9 in.) pastry shell  
 $\frac{1}{2}$  cup butter  
1 cup sugar  
 $\frac{1}{4}$  cup flour  
 $\frac{1}{8}$  tsp. salt

3 egg yolks  
 $\frac{1}{2}$  cup evaporated milk  
1 tsp. vanilla extract  
 $\frac{2}{3}$  cup coarsely chopped pecans

Cream butter. Add sugar gradually and continue creaming until light and fluffy. Add flour, salt and egg yolks; mix well. Stir in evaporated milk and vanilla. Pour into prepared pastry shell and sprinkle pecans over top. Bake in preheated 425° oven 10 minutes. Reduce heat to 300° and continue baking until set, at least 40 minutes longer.

## RAISIN PIE

Mrs. James Rozendaal  
Farmington, Iowa

1 baked pie shell  
1 cup water  
1 cup raisins  
 $1\frac{2}{3}$  cups milk  
 $\frac{2}{3}$  cup sugar

2 egg yolks (save whites for meringue)  
1 Tbsp. dark corn syrup  
 $\frac{1}{4}$  cup cornstarch  
1 tsp. cinnamon

Boil 1 cup of raisins with 1 cup water until most of the water is gone. Mix together the milk, sugar, egg yolks, corn syrup, cornstarch and cinnamon, add to the raisins and cook until thick. Pour into a baked crust. Use the egg whites to make meringue. Spread over filling and bake at 350° until meringue is golden brown.

## SOUR CREAM RAISIN PIE

Laura Dingeman (handed down from three generations, Maggie Grooters, Lydia Smit)

1 cup sour cream  
1 cup sugar  
3 eggs (save whites for meringue)

$\frac{1}{2}$  cup raisins (cup up if desired)  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{4}$  tsp. cloves

Cook all these ingredients over low heat, stirring constantly until thickened. Pour into baked pie shell. Top with meringue and bake at 350° about 10 minutes until meringue is golden brown.

## SOUR CREAM RAISIN PIE

Marlys DeWild

2 baked 9 inch pie shells  
1 cup raisins  
enough water to cover raisins  
2 ( $3\frac{3}{4}$  oz.) instant vanilla pudding

3 cups milk  
2 to 3 cups commercial sour cream  
 $\frac{3}{4}$  tsp. cinnamon

Simmer raisins in the water until water is about cooked away. Drain and cool. Combine milk and instant pudding and blend until thickened. Blend in sour cream. Fold in raisins and cinnamon. Pour into 9" baked pie crusts. Serve with whipped cream. (May use a 9 x 13" pan.)



## TOFFEE ICE CREAM PIE

Mary Jane Banfield

Vanilla or brown edge wafers  
enough to line 9-inch pie pan  
½ gal. vanilla ice cream,  
slightly soft

½ cup chopped, chocolate-covered  
English toffee candy bars  
(3 oz. size)

Line bottom and sides of buttered 9-inch pie pan with wafers. Spoon half the ice cream into this shell. Sprinkle ¼ cup chopped candy over this. Top with remaining ice cream. Garnish with ¼ cup chopped candy. Freeze. Before serving top with Toffee Sauce:

1½ cup sugar  
1 cup evaporated milk  
¼ cup margarine or butter

¼ cup light corn syrup  
½ cup chopped English toffee  
candy bars

Combine sugar, milk butter and syrup. Bring to boil over low heat; boil 1 minute. Remove from heat and stir in chopped candy. Cool, stirring occasionally.

## GRANDMA KUIPER'S MINCEMEAT

Edith Kuiper

3 cups cooked chopped beef or  
hamburger (cooked)  
6 cups diced apples  
1 cup molasses  
¼ cup vinegar, scant measure  
2 cups cherries, chopped  
½ cup suet, chopped

3 cups sugar OR 2 cups sugar  
plus 1 cup white syrup  
3 cups raisins  
1 cup currants OR an additional  
cup of raisins  
1 tsp. cloves  
1 tsp. nutmeg  
1 tsp. salt

Boil ingredients ½ hour. Seal while hot in jars or freeze.

To bake: make pastry for a double crust pie. Fill shell, cover with pastry. Proceed as you would for any mincemeat pie.

## EASY CHOCOLATE PIE

Joyce Morlon  
Moulton, Iowa

1 crumb crust  
2 cups vanilla ice cream  
⅔ cup cold milk  
1 pkg. instant chocolate pudding

Cool Whip  
Chocolate sprinkles or shaved  
chocolate

In a bowl put the vanilla ice cream and cold milk and whip together a little and add the pkg. of instant chocolate pudding. Beat about 10 minutes. Put into the crumb crust, cover with Cool Whip and garnish with chocolate sprinkles, or shavings on top.

## BANANA SPLIT PIE

Nancy Lienenbrugger

1 (9") pie crust  
1 qt. softened strawberry  
ice cream  
2 bananas  
1 small container Cool Whip  
lemon juice

**Topping:**  
1 (6 oz.) pkg. chocolate chips  
1 small can Pet Milk  
 $\frac{1}{2}$  jar of marshmallow cream

In the cooled crust, add sliced bananas. Sprinkle with lemon juice. Add ice cream. Place in freezer till hard. Cover with Cool Whip, then freeze again. Take out of freezer  $\frac{1}{2}$  hour before serving. Serve with topping.

### Pie Crust

1 cup flour  $\frac{1}{2}$  cup butter  
3 Tbsp. powdered sugar  $\frac{1}{3}$  cup finely chopped nuts

Press into 9" pie plate and prick with fork. Bake 15-18 min. in a 350° oven. Cool.

**Topping:** Mix the chocolate chips, milk and marshmallow cream together in a double boiler. Stir until smooth and serve warm over the banana split pie.

## CHOCOLATE DESSERT PIE

Mrs. Donovan Kelleher  
Dubuque, Iowa

1 prepared graham cracker crust  
(if you can find chocolate crumb  
it's even better) 1 (8 oz.) Hershey chocolate candy  
bar  
1 (12 oz.) carton Cool Whip,  
room temperature

Melt chocolate slowly in double boiler. Blend in Cool Whip. Spoon into shell. Chill several hours.

## PEPPERMINT SATIN PIE (In a microwave oven)

Beatrice Aalbers

30 marshmallows  $\frac{1}{2}$  cup crushed peppermint sticks,  
 $\frac{1}{2}$  cup milk save 3 Tbsp. crushed  
8 oz. carton Cool Whip peppermints

Cook the marshmallows, milk and crushed peppermint sticks in microwave oven for 4 minutes on high. Stir several times. Cool until partly set, beat with mixer, stir in 8 oz. carton Cool Whip and the 3 Tbsp. peppermints. Pour into this already prepared crust.

### Crust:

$\frac{1}{3}$  cup butter or margarine, melted 1 Tbsp. cocoa  
4 cups crushed Corn Chex  $\frac{1}{4}$  cup sugar

Cook in microwave for 1 minute on roast. Stir, then shape into pie pan and bake 1 more minute on roast. Cool.

## NEVER FAIL PIE CRUST

(Microwave)

Karen Den Adel  
Mrs. Viola Van Wyk

Vivian Rasmussen, Manilla, Iowa

- 3 cups flour
- 1 cup lard (home rendered preferred or 1½ cups Crisco)
- 1 egg beaten

- 1 tsp. vinegar or lemon juice
- 1 tsp. salt
- 3 to 5 Tbsp. water

Sift flour and salt and cut lard into mixture. Beat egg, water and vinegar until light. Add to flour mixture, mix gently. Makes 4 or 5 crusts. Freezes well.

Mix 1 egg yolk and 2 Tbsp. corn syrup. Brush this on the unbaked crust, which has been put into a glass pie dish. Microwave on high for 6 or 7 minutes, rotating dish after 3 minutes. Will be very bubbly, but very flaky.

## FRUIT CAKE (Unbaked)

Cindy Weller  
Grundy Center, Iowa

- 1 lb. marshmallows
- 1 lb. gumdrops
- 1 lb. graham crackers
- 1 lb. dates
- 2 cups nuts, chopped

- 1 cup whipped cream
- 1 cup sugar
- 1 box raisins - large
- 1 box coconut - 1½ cups
- 2 tsp. vanilla

Mixing directions for fruitcake. Roll graham crackers on pastry cloth and cut dates, gumdrops and marshmallows with scissors dipped in hot water. Mix marshmallows, gumdrops, dates, sugar, raisins. Then add coconut, nuts and vanilla and pour all on graham crackers on the pastry cloth. Mix well with hands (can pick up the corners of the pastry cloth and fold in.) Add the whipped cream as you mix. This process takes a long time but work fast so gumdrops and marshmallows do not dry out. Divide into four 8x5 inch loaf pans. Pat firmly in pans. Keep in refrigerator.

## CHERRY CHEESE CAKE

Esther VerPloeg

- 1 pkg. "Super Moist" yellow cake mix
- ⅓ cup butter, softened
- 3 eggs
- 1 cup sugar
- 2 tsp. vanilla

- 2 (8 oz.) pkgs. cream cheese, softened
- 2 cups sour cream
- 1 Tbsp. vanilla
- 1 can (21 oz.) cherry fruit filling

Beat dry cake mix, butter and 1 egg in large mixing bowl at low speed until crumbly. Press lightly in ungreased 13x9x2 inch pan. Beat 2 eggs, ¾ cup sugar, 2 tsp. vanilla and cream cheese until smooth and fluffy. Spread over crumb mixture. Bake at 350° for 20-25 minutes until set. Mix sour cream, ¼ cup sugar and rest of vanilla. Spread over cheese. Cool. Spread cherry filling over sour cream mixture. Cover and refrigerate at least 8 hours. Serves 16-18.



## DELICATE CAKE

Millie Meyer

1 cup butter or margarine  
½ cup white sugar  
4 egg yolks  
4 Tbsp. milk  
¾ cup flour, sifted  
1 tsp. baking powder  
1 tsp. vanilla

4 egg whites  
1 cup sugar  
crushed nuts, pecans or almonds  
cinnamon  
½ pt. whipping cream  
fresh or drained frozen straw-  
berries or raspberries

Mix margarine, sugar, egg yolks, milk, flour, baking powder and vanilla together and put in two 9" layer pans. Beat the 4 egg whites with 1 cup sugar. Spread over top of both layers. On top of each layer, sprinkle crushed nuts and a little cinnamon. Bake at 350° for 25 minutes.

Assemble just before serving: Top of first layer down on plate. Spread with ½ pint cream, whipped and sweetened with sugar and vanilla to which fresh or drained frozen strawberries or raspberries have been added. Put 2nd layer on with bottom down.

## LEMON COCONUT CAKE

Eunice Kuyper

1 lemon cake mix

Bake according to directions on box in 2 layer pans.

### Filling:

1 pkg. instant lemon pudding  
1½ cups milk

1 Tbsp. lemon rind  
4½ ozs. Cool Whip

Mix the instant pudding with the milk and lemon rind. Add the Cool Whip and mix well. Spread between cooled layers.

### Frosting:

1 pkg. instant coconut pudding

1½ cups milk  
4½ ozs. Cool Whip

Mix package of pudding with the milk and add remaining Cool Whip. Spread on top and sides of cake and sprinkle with Angel Flake coconut. Refrigerate.

## ORANGE CAKE (without frosting)

Lois Hoppers Grooters

1 cup sugar  
½ cup butter  
2 eggs, beaten  
1 cup sour milk  
2 cups flour  
¼ tsp. salt

1 tsp. soda  
½ tsp. baking powder  
1 cup chopped or ground raisins  
½ cup broken nuts (optional)  
grated rind of 1 orange and ½ a  
lemon  
1 tsp. vanilla, add last

Cream sugar and butter, add beaten eggs, add sour milk. Mix dry ingredients and stir into wet mixture. Bake in moderate oven (325-350) about 40 minutes. Spread a mixture of ½ cup of sugar and the juice of the orange over the cake as soon as it comes out of the oven. Let cake stand awhile before removing from the pan or cutting it.

## VERY BEST SHORTCAKE

Helen DeBoer  
Adams, Nebraska

- |                     |                      |
|---------------------|----------------------|
| 4 eggs, well beaten | 1 tsp. salt          |
| 2 cups sugar        | 1 tsp. vanilla       |
| 1 cup warm milk     | 1 tsp. baking powder |
| 2 Tbsp. butter      | 2 cups flour         |

Melt butter in warm milk. Put eggs in mixing bowl, beat well. Add sugar, add dry ingredients; then add milk and melted butter. Bake in 13x9 pan which has been greased and floured, 350° for 45 minutes.

## CREAM de MENTHE CAKE

Mrs. Carl Gaass  
Mrs. Harry Kuiper  
Dorathe Rogers, Hudson, Iowa

- |   |                            |
|---|----------------------------|
| 1 pkg. any white cake mix                       | 1 (8 oz.) carton Cool Whip |
| 3 Tbsp. Creme de Menthe                         | 3 Tbsp. Creme de Menthe    |
| 1 (16 oz.) can fudge topping or chocolate syrup |                            |

Prepare cake mix according to package directions. Add 3 Tbsp. Creme de Menthe and blend. Pour into 9x13 cake pan. Bake according to package directions. Poke entire top of cake full of holes with a dinner fork. Spread fudge topping over warm cake. Cool. Combine 3 Tbsp. Creme de Menthe with the Cool Whip and spread on top. Top each serving piece with maraschino cherry if desired. Keep in refrigerator. Freezes and keeps well.

## MOTHER'S PLAIN CAKE (1920 - 1965)

Lois Hospers Grooters

- |  |   |
|--|---|
| 2 cups sugar   | ¼ tsp. salt                                   |
| 1 cup butter   | 3 tsp. baking powder                          |
| 3 eggs, separated (for white cake, use 6 egg whites, no yolks) | 1 tsp. any desired flavoring                  |
| 1 cup milk   | 1 cup broken nutmeats (roll with rolling pin) |
| 3 cups flour   |   |

Cream sugar and butter, add egg yolks, milk. Mix flour, salt, and baking powder and stir into wet mixture, adding flavoring and nuts. Then fold in the lightly whipped whites of egg last. Bake at 350-325°. A good basic recipe for cupcakes, 2-layer or one-pan cake.

### Soft Frosting for old-fashioned cake

- |                          |                              |
|--------------------------|------------------------------|
| ½ cup sugar              | 2 Tbsp. water                |
| 4 Tbsp. white corn syrup | 2 egg whites, stiffly beaten |

Mix sugar, syrup and water. Boil rapidly up to 242° on candy thermometer or until mixture spins a 6-8 inch thread. Pour slowly into plate or bowl of stiffly beaten egg whites. Beat continually while adding syrup. Continue beating until stiff peaks form. Frost cake immediately.

## UPSIDE DOWN CAKE ROLL

Freda Kolenbrander

- |                                       |                   |
|---------------------------------------|-------------------|
| 1/4 cup margarine                     | 3 eggs            |
| 3/4 cup light brown sugar             | 5 Tbsp. water     |
| 1 cup crushed pineapple, well drained | powdered sugar    |
| 1 cup sifted cake flour               | 1 cup white sugar |
| 1 tsp. baking powder                  | 1 tsp. vanilla    |
| 1/4 tsp. salt                         | whipped cream     |

Sift together the cake flour, baking powder and salt, set aside. Melt margarine, add brown sugar and pineapple. Spread in well greased jelly-roll (15x10) pan. Beat eggs until foamy. Slowly beat in white sugar, beat until thick and fluffy. Stir in water and vanilla. Fold the flour mixture into eggs. Spread evenly over pineapple. Bake 375° for 15 minutes. Cool in pan a few minutes. Loosen around edges with knife. Turn on to a towel sprinkled with powdered sugar. Roll up, cool. Cut in slices. Serve with whipped cream.

## BANANA-PECAN CAKE

Mrs. Harry Kuiper

- |   |                        |
|---|------------------------|
| 1 pkg. yellow cake mix                  | 1 cup water            |
| 1/2 cup mashed banana                   | 1 tsp. vanilla         |
| 1 pkg. instant butter pecan pudding mix | 1/4 cup oil            |
| 4 eggs                                  | 3/4 cup chopped pecans |

Place all ingredients in large mixer bowl. Blend, then beat at medium speed for 4 minutes. Pour batter into 10 inch tube pan or 9x13 pan or three 8 inch round cake pans. Bake tube pan 50 minutes, 9x13 or 8" pans, 35-40 minutes, 350° oven. Frost with favorite icing or sliced bananas and dessert topping.

## WATERGATE CAKE (Pistachio Cake)

Judi Menninga  
Ellen Heusinkveld Withrow

- |                              |              |
|------------------------------|--------------|
| 1 cake mix (white or yellow) | 1 cup oil    |
| 1 box pistachio pudding      | 1 cup 7-up   |
| 4 eggs                       | 1/2 cup nuts |

Mix all ingredients together. Pour in greased cake pans. Bake at 350° for at least 25 minutes. Test middle for doneness.

### Frosting:

- |                    |                         |
|--------------------|-------------------------|
| 1 medium Cool Whip | 1 box pistachio pudding |
|                    | 1/2 cup milk            |

Mix together, frost on cooled cake.

**Variation:** 1/2 cup of orange juice and 1/2 cup water may be substituted for the 1 cup 7-up. Put 2/3 of the batter in a greased bundt pan. Mix 3/4 cup Hershey's chocolate syrup and the remaining 1/3 of the batter, pour on top. Bake 50-55 minutes in 350° oven. Cool and sprinkle with powdered sugar.



## MIAMI BEACH BIRTHDAY CAKE

Sue Plantinga (passed on by  
Marcy Vanderwel, Holland, Michigan)

2 cups flour  
1 tsp. soda  
1 tsp. salt  
1½ cups sugar

2 eggs  
⅓ cup melted chocolate chips  
1 tsp. vanilla  
½ cup butter  
1¼ cup buttermilk

### Topping:

½ cup graham cracker crumbs  
⅓ cup melted butter

½ cup chopped walnuts  
⅔ cup chocolate chips

Cream butter; gradually add sugar. Add eggs one at a time, beat well. Blend in melted chips and vanilla. Combine dry ingredients and add at low speed alternately with the buttermilk. Begin and end with dry ingredients. Turn into two 9-inch greased and floured cake pans. Sprinkle with topping and bake 375° for 30-35 minutes. Cool and frost with butter cream frosting.

### Butter Cream Frosting:

1 cup milk  
3 Tbsp. flour  
1 cup granulated sugar

½ cup butter  
½ cup margarine  
1 tsp. vanilla

Combine milk and flour and cook, stirring until thick. Let cool. Mix and beat until fluffy the other ingredients. Add milk mixture and beat.

## SPICY OATMEAL CAKE

Arlene VanZante

2 cups boiling water  
1½ cups quick or old-fashioned  
oats  
¾ cup butter or margarine  
1 cup granulated sugar  
2 cups firmly packed brown sugar  
1½ tsp. vanilla

3 eggs  
2¼ cups sifted flour  
1 tsp. salt  
1 tsp. cinnamon  
½ tsp. nutmeg  
1 tsp. soda

Pour boiling water over oats. Cover and let stand 20 minutes. Beat butter until creamy; beat in sugars, vanilla and eggs. Add oat mixture, mix well. Sift together flour, soda, salt, cinnamon and nutmeg. Add to creamed mixture, mixing well. Pour batter into well-greased and floured 13x9 pan. Bake in 350° oven 45-50 minutes or until cake tests done. Do not remove from pan. Let cake cool, then top cake with broiled frosting.

### Broiled Frosting:

⅓ cup melted butter  
¾ cup firmly packed brown sugar

⅓ cup light cream  
1 cup chopped nuts  
1½ cups flaked or shredded coconut

Combine all ingredients, spread evenly over cake. Place under boiler in oven until bubbly, watch carefully so not to burn. Serve warm or cold.

## OATMEAL CHOCOLATE CHIP CAKE

Connie Vos

- |                           |                             |
|---------------------------|-----------------------------|
| 1¾ cup boiling water      | 1¾ cup flour                |
| 1 cup oatmeal             | 1 tsp. soda                 |
| 1 cup brown sugar         | ½ tsp. salt                 |
| 1 cup sugar               | 1 Tbsp. cocoa               |
| ½ cup margarine (1 stick) | 1 pkg. milk chocolate chips |
| 2 eggs, beaten            | ¾ cup walnuts               |

Pour boiling water over oatmeal. Let stand 10 minutes. Add sugars and margarine. Stir until margarine melts. Add eggs. Sift together flour, soda, salt and cocoa. Add mixture to oatmeal. Add ½ pkg. of milk chocolate chips to mixture. Pour into greased 9x13 inch pan. Sprinkle walnuts and rest of chips over top. Bake at 350° for 40 minutes.

## CHOCOLATE-CHIP DATE NUT CAKE

Mrs. Loren (Cecil) Penquite  
Mingo, Iowa  
Shirley Valster

- |                     |                       |
|---------------------|-----------------------|
| 1 cup dates, cut up | 2 eggs, beaten        |
| 1 cup boiling water | 1¾ cups flour         |
| 1 tsp. soda         | ½ tsp. salt           |
| 1 cup shortening    | 1 tsp. vanilla        |
| 1 cup sugar         | 1 cup chocolate chips |
|                     | ½ cup chopped nuts    |

Mix together the dates, boiling water and soda and set aside. Mix the rest of the ingredients in the order given and when blended add to date mixture and put in a greased and floured 9x13 pan. Sprinkle top of batter with the chocolate chips and nuts. Bake 40 minutes at 350°.

## TWINKIE CAKE

Edith Kuiper

- 1 box yellow cake mix
- 5 Tbsp. flour
- 1 cup milk

### Filling:

- 1 cup sugar
- ½ tsp. salt
- ½ cup Crisco
- ½ cup margarine
- 1 tsp. vanilla

Mix and prepare yellow cake mix according to directions in a 9x13 pan. In a small sauce pan, place the flour and milk, mix well and boil until thick. Stir to keep from sticking. Cool. Cream the sugar with Crisco and margarine for the filling and beat until light and fluffy. Add salt, vanilla and cooled cooked mixture. Beat until light. Split cake into two layers. Spread filling between layers. Let stand two days before using.

## CARAMEL CHOCOLATE CAKE

Jennie DeBruin

- |  |                          |
|--|--------------------------|
| 1 regular size German chocolate cake mix | 1 cup chopped nuts       |
| $\frac{2}{3}$ cup evaporated milk        | 1 (14 oz.) pkg. caramels |
| $\frac{3}{4}$ cup melted margarine       | 1 cup chocolate chips    |

Make cake mix as package directs. Add  $\frac{1}{3}$  cup of the evaporated milk, nuts and melted margarine, folding in completely. Put half of batter into greased 9x13" pan. Bake in 350° oven for 10 minutes. Melt caramels with the other  $\frac{1}{3}$  cup evaporated milk. After the cake has baked 10 minutes, remove from oven and pour the caramel mixture over it. Sprinkle chocolate chips over the caramel mixture. Pour remaining half of batter over the top and bake 350° until cake tests done. Serve with whipped topping.

## COCOA CHIFFON CAKE

Doris VandeVoort

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| $\frac{3}{4}$ cup boiling water       | $\frac{1}{2}$ cup salad oil          |
| $\frac{1}{2}$ cup cocoa               | 7 unbeaten egg yolks                 |
| $1\frac{3}{4}$ cup cake flour, sifted | 1 tsp. vanilla                       |
| $1\frac{3}{4}$ cup sugar              | $\frac{1}{4}$ tsp. red food coloring |
| 3 tsp. baking powder                  | 1 cup egg whites                     |
| 1 tsp. salt                           | $\frac{1}{2}$ tsp. cream of tartar   |

Stir the boiling water and cocoa together until smooth and cool. Sift together the cake flour, sugar, baking powder and salt into a medium mixing bowl. Make a well in these dry ingredients and add in order the salad oil, egg yolks, cooled cocoa mixture, vanilla and red food coloring. Beat until smooth. Put the egg whites and cream of tartar into a large mixing bowl and beat until very stiff. Pour egg yolk mixture over whites and gently fold. Bake in ungreased tube pan at 325° for 55 minutes, then at 350° for 10-15 minutes. Invert and cool.

## GERMAN CHOCOLATE CAKE (Microwave) (Already frosted)

Shirley Korver  
Paramount, California

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1 box Coconut Pecan Frosting Mix | $\frac{1}{2}$ stick margarine |
| $\frac{1}{4}$ cup milk           | 1 German Chocolate Cake Mix   |
|                                  | 1 cup water                   |

Spray Pam in microwave bundt pan, do not flour. Place 1 box of Coconut Pecan Frosting Mix,  $\frac{1}{4}$  cup of milk and margarine in bowl (not necessary to mix.) Put in microwave 1 minute on full power. Stir and place this mixture into bundt pan. Let stand a few minutes and then push down along sides and bottom. Next, follow recipe on German Chocolate Cake Mix box, using 1 cup water instead of  $1\frac{1}{4}$  cups. Pour cake mixture into bundt pan on top of frosting mix and place in microwave oven 10 minutes on roast, 5 minutes on full power. Let stand 30 minutes, cool. Turn onto plate.



## MISSISSIPPI MUD CAKE

Mary Jane Banfield

Mrs. Thomas Boswell, Ottumwa, Iowa

2 sticks oleo  
2 cups sugar  
2 Tbsp. cocoa  
4 eggs  
1 cup flour

1 tsp. vanilla  
1  $\frac{1}{3}$  cups coconut  
1  $\frac{1}{2}$  cups nuts  
1 (9 oz.) jar marshmallow cream

Cream the sugar, cocoa and oleo. Add eggs 1 at a time, add vanilla. Add flour, coconut and nuts. Spread in a 9x13 greased and floured pan. Bake at 350° for 30 minutes. While hot, spread marshmallow cream over the cake. Let cool completely. Then spread icing over top.

### Icing:

1 box powdered sugar (16 oz.)  
1 stick oleo  
 $\frac{1}{2}$  cup canned milk

$\frac{1}{3}$  cup cocoa  
1 tsp. vanilla

Blend and spread.

## DEVIL'S FOOD CAKE WITH TOPPING

Angie Van Den Berg

1 Devil's Food cake mix  
1 pkg. instant vanilla pudding

3 unbeaten egg whites  
2 cups milk

Mix at high speed for 4 minutes. Pour into a 9x13 pan, bake at 350° for 20-30 minutes.

### Topping:

1 cup sugar  
3 egg yolks

1 stick butter or margarine  
1 cup evaporated milk

Cook and stir these ingredients until thick, about 10 minutes. Pour over cake.

### Frosting:

1  $\frac{1}{2}$  cups powdered sugar  
6 Tbsp. margarine

6 Tbsp. evaporated milk  
6 large marshmallows  
 $\frac{1}{2}$  cup chocolate chips

Boil sugar, margarine and milk for 30 seconds. Remove from heat and fold in 6 large marshmallows and  $\frac{1}{2}$  cup chocolate chips. Pour over filling on cake.

## BROWN SUGAR FROSTING (Great on chocolate cake)

Mrs. Richard Johnson  
Oskaloosa, Iowa

1 cup white sugar  
1 cup brown sugar  
 $\frac{1}{4}$  tsp. salt

$\frac{1}{2}$  cup evaporated milk  
 $\frac{1}{2}$  cup whole milk  
 $\frac{1}{3}$  cup margarine or butter

Bring the sugars, salt and milks to a soft boil. Add  $\frac{1}{3}$  cup margarine. Whip by hand until of spreading consistency. Pour over cake.

## PERFECTION FROSTING

Louise Hallenbeck

1 lb. powdered sugar (4 cups)  
2 medium egg whites  
1 tsp. vanilla (or other flavor)  
 $\frac{1}{8}$  tsp. salt

1 Tbsp. water  
 $\frac{1}{3}$  cup softened butter or oleo  
food coloring (optional)

Combine all ingredients except food coloring. Blend at low speed then beat at high speed until fluffy — about 5 minutes. Add coloring.

If too stiff, add a few drops of water. Frosts two 8" or 9" layers. Good and spreads very easily.

## PUDDING GINGERBREAD MEN COOKIES

Sue Brandl

1 pkg. (4 oz.) butterscotch  
pudding (not instant)  
 $\frac{1}{2}$  cup margarine  
 $\frac{1}{2}$  cup brown sugar  
1 egg

$1\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  tsp. soda  
1 tsp. cinnamon  
 $\frac{1}{2}$  tsp. ginger (can be omitted)

Chill dough until firm. Roll to  $\frac{1}{8}$  inch or thinner. Cut with a gingerbread man cutter. Bake at  $350^{\circ}$  for 10-12 minutes on a greased cookie sheet. Decorate with frosting and candy. A children's favorite!

## GINGER COOKIES

Dorothy Bosch

scant  $\frac{3}{4}$  cup bacon grease or  
shortening (very good with  
bacon grease)  
1 cup sugar  
1 egg

$\frac{1}{2}$  tsp. salt  
4 Tbsp. dark molasses  
 $1\frac{1}{2}$  tsp. ginger  
1 tsp. cinnamon  
2 cups flour

Cream shortening and sugar. Add egg. Add molasses and dry ingredients. Roll in small balls, then in sugar and bake at  $375^{\circ}$  for about 10 minutes. Cookies will crack.

## LEATHER COOKIES

Mrs. Elmer Christians

Kanawha, Iowa

Kathryn Poppen, Aplington, Iowa

2 cups sugar  
1 cup butter  
1 cup ground raisins  
3 eggs  
1 tsp. cinnamon  
1 tsp. ginger

1 tsp. cloves  
1 tsp. soda  
2 tsp. vanilla  
 $\frac{1}{2}$  tsp. salt  
1 cup chopped nuts  
3 cups flour

Cream butter and sugar. Add eggs and beat well. Add remaining ingredients. Drop by teaspoonfuls on cookie sheet. Bake at  $350^{\circ}$  til browned. These are also good frosted. Cool and store in a closed container. Cookies will become chewy.

## OATMEAL COOKIES

Lois Smith

Betty Johnson, Oskaloosa, Iowa

2 beaten eggs  
1 cup brown sugar  
1 cup white sugar  
1 cup butter or margarine  
1 tsp. vanilla

1 tsp. salt  
2 cups flour  
1¾ cups oatmeal  
1 tsp. baking soda (dissolved in a little hot water)

Cream the first five ingredients, then add salt, flour, oatmeal and baking soda. Drop teaspoonfuls onto greased cookie sheets. Can be flattened with a fork dipped in water. Bake in moderate oven (350°) for 10-12 minutes or until very lightly browned.

## CRISPY OATMEAL COOKIES

Alice Carlson

¾ cup oil (scant)  
½ cup brown sugar  
½ cup white sugar  
½ tsp. salt  
1 tsp. vanilla  
½ tsp. soda

¼ cup hot water  
3 cups oats (uncooked)  
1 cup flour  
1 tsp. cinnamon  
½ tsp. nutmeg

Blend well the oil, sugars and salt. Add vanilla and spices. Dissolve soda in hot water and add to mixture. Blend in oats and flour. Drop batter by teaspoonful on a greased baking sheet. With fork dipped in hot water, press cookies as thin as possible. Bake at 350° for 10-12 minutes or until golden brown.

## IMPERIAL COOKIES

Faithe Timmer

2 sticks Imperial margarine  
¾ cup white sugar  
1½ cups flour

½ tsp. soda  
1 tsp. vanilla  
½ tsp. vinegar

Mix in order given. Drop on greased cookie sheet. Bake at 300° for 20 minutes.

## ALMOND FLOWER COOKIES

Sue Brandl

Sally Baar, Tempe, Arizona

2 sticks margarine  
1 cup (½ lb.) almond paste  
1 cup sugar  
1 egg

1½ cups flour  
½ tsp baking powder  
1 tsp. baking soda

Mix all ingredients together with a pastry blender. Roll into walnut size balls. Bake at 350° on ungreased cookie sheet for 10-12 minutes. Remove from oven and immediately press in center of each cookie a design from a cookie press or design from the bottom of a glass. Design can be dipped in sugar if sticking occurs. Makes 4 to 4½ dozen.



## ALMOND PUFFS

Nancy Van Roekel

- |                       |             |
|-----------------------|-------------|
| 1 stick margarine     | 1 cup flour |
| 1 cup water           | 3 eggs      |
| 1 tsp. almond extract |             |

Bring margarine and water to a boil. Add flour and beat. Then add eggs, one at a time and beat until smooth. Add the almond extract. Drop small teaspoons on a cookie sheet. Bake at 350° for 35 minutes. Makes 30-35 puffs.

### Almond Frosting:

- |                        |                        |
|------------------------|------------------------|
| 1½ cups powdered sugar | 1½ Tbsp. margarine     |
| 1½ Tbsp. milk          | 1½ tsp. almond extract |

Mix together and frost puffs generously.

## CRISP ORANGE COOKIES

Marion Beugel  
Lansing, Illinois

- |  |                        |
|--|------------------------|
| 1 cup margarine                        | 1 egg beaten           |
| 1½ cups confectioners sugar,<br>sifted | 2 cups flour           |
| 1 tsp. vanilla                         | 1 tsp. soda            |
| 1 Tbsp. grated orange rind             | 1 tsp. cream of tartar |
|  | ½ tsp. salt            |

Cream sugar and margarine until light and fluffy. Add vanilla, orange rind and egg. Mix well. Add sifted dry ingredients and mix until blended. Drop from teaspoon onto ungreased cookie sheets. Bake at 375 degrees for about 8 minutes or until a delicate brown. Sprinkle with confectioners sugar.

## HOLLY COOKIES

Nancy Lienenbrugger

- |                             |                             |
|-----------------------------|-----------------------------|
| 30 marshmallows             | 1½ tsp. green food coloring |
| 3 cups cornflakes           | red cinnamon candy          |
| 1 stick butter or margarine |                             |

Melt butter in a pan. Add marshmallows and cook til melted. Mix in green food coloring and then combine with the cornflakes. Drop by tablespoons onto wax paper and add red cinnamon candies for decoration. Let set out overnite and then place in cookie jar.

## SUNFLOWER SEED COOKIES

Claire Cook

- |                    |                       |
|--------------------|-----------------------|
| 2 cups white sugar | 1 tsp. soda           |
| 1½ cups butter     | 1 tsp. baking powder  |
| 1 tsp. vanilla     | 1 cup flaked coconut  |
| ¾ cup flour        | 1 cup sunflower seeds |

Mix well (mix will be crumbly.) Roll into balls, flatten and bake at 350° for 15 min. Do not overbake.

## APPLE-WALNUT DROP COOKIES

Mrs. Brian DeVries

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 3 cups sifted flour              | $\frac{3}{4}$ tsp. nutmeg             |
| 1 $\frac{1}{2}$ tsp. baking soda | 2 eggs                                |
| $\frac{3}{4}$ cup shortening     | 1 $\frac{1}{2}$ cups chopped walnuts  |
| 2 cups brown sugar, packed       | 1 $\frac{1}{2}$ cups chopped apples   |
| $\frac{3}{4}$ tsp. salt          | 1 cup raisins                         |
| 1 $\frac{1}{2}$ tsp. cinnamon    | $\frac{1}{3}$ cup apple juice or milk |
| 1 $\frac{1}{2}$ tsp. cloves      |                                       |

Preheat oven to 400° F. Lightly grease cookie sheets. Sift flour with baking soda. Mix shortening, brown sugar, salt, cinnamon, cloves, nutmeg and eggs until well blended. Stir in half of flour mixture, nuts, apples and raisins. Blend in apple juice, then remaining flour. Drop rounded tablespoons of dough onto cookie sheets. Bake 11 to 14 minutes. While cookies are still hot, spread thinly with a glaze. Makes 3 $\frac{1}{2}$  to 4 dozen.

## NUT CRISPIES

Emily Thies

- |                  |                         |
|------------------|-------------------------|
| 1 cup sugar      | $\frac{1}{2}$ tsp. salt |
| 1 cup shortening | 4 tsp. cinnamon         |
| 1 egg yolk       | 1 cup pecans, chopped   |
| 2 cups flour     |                         |

Beat together sugar, shortening and egg yolk. Sift dry ingredients and add to the first mixture. Add pecans. Mix well and form into small balls. Dip glass in egg white and press down. Bake at 375° for 15-20 minutes or until done.

## CRISP PEANUT COOKIES

Mrs. Robert Ver Ploeg

- |                   |   |
|-------------------|---|
| 1 cup brown sugar | 1 cup quick oatmeal                     |
| 1 cup white sugar | 1 cup corn flakes (crushed)             |
| 1 cup margarine   | $\frac{1}{2}$ cup coconut (angel flake) |
| 1 cup cooking oil | 1 cup peanuts (chopped)                 |
| 3 cups flour      | 1 tsp. vanilla                          |
| 1 egg             |   |

Mix in order. Drop by teaspoon onto ungreased cookie sheet, and press down (only slightly) with a fork dipped in sugar. Bake in a 350° oven until brown. Butterscotch chips may be substituted for the peanuts.

## JONI'S PEANUT BUTTER COOKIES

Jessie Jansma  
Chicago Hts., Illinois

- |  |             |
|--|-------------|
| 1 cup peanut butter<br>(chunky kind very good) | 1 cup sugar |
|  | 1 egg       |

Mix very well, roll in balls. Flatten with fork. Bake 10-12 minutes at 350° on greased cookie sheets. Makes about 3 dozen cookies. (This is correct, only three ingredients.)

## PRALINE STRIPS

Norma Ver Helst

graham crackers  
1 cup butter

1 cup brown sugar  
chopped nuts

Line a jelly roll pan with graham crackers. Boil butter and brown sugar for 2 minutes. Add nuts. Spread on the graham crackers and bake at 350° for 10 minutes. Cut while warm.

## SUGAR COOKIES

Mrs. Bob De Jong

Mrs. Harry Kuiper

Mrs. Eugene Wendt, Avoca, Iowa

2 sticks margarine  
2 cups sugar  
2 eggs  
1 cup salad oil  
¼ tsp. salt

1 tsp. vanilla or almond flavoring  
5 cups flour  
2 tsp. soda  
2 tsp. cream of tartar

Cream margarine and sugar. Add eggs, salad oil, salt and flavoring. Combine flour, soda and cream of tartar. Add to first mixture. Roll into balls, then in sugar. Press down with a fork dipped in sugar. Bake at 350° until light brown (about 10 min.) Remain crisp when stored.

**Variation:** Chill dough. Roll out 1/8 inch and cut into shapes. Bake at 350° until not quite brown (about 7 min.)

## "WHOPPIE PIE" COOKIES

Lorna DeGeus, Otley, Iowa

Pamela Simmons, North Liberty, Iowa

½ cup shortening  
1 cup sugar  
1 egg  
1 egg yolk  
2 cups flour  
⅔ cup cocoa  
¼ tsp. salt  
1 tsp. baking soda

½ cup hot water  
⅔ cup buttermilk  
2 cups powdered sugar, sifted  
1 egg white  
1 tsp. vanilla  
¼ cup butter or margarine,  
softened  
½ cup shortening

In mixing bowl beat together the first ½ cup shortening and sugar on high speed until fluffy. Add egg and egg yolk. Stir together the flour, cocoa and salt. Dissolve soda in hot water; cool slightly. Add flour mixture alternately with soda mixture and buttermilk to creamed mixture. Blend until well mixed. Drop batter by rounded tablespoonfuls 2 inches apart on ungreased cookie sheets. Bake in a 350° oven for 8-10 minutes or till set. Cool cookies on wire racks while preparing filling. In medium mixer bowl combine powdered sugar, egg white and vanilla. Beating with mixer at low speed, gradually add butter or margarine and the remaining shortening. Beat at high speed until light and fluffy. Spread some filling on the bottom side of one cookie; top with a second cookie. Repeat with remaining cookies. Store in refrigerator. Makes 2 dozen filled cookies.



## **CHOCOLATE-PEANUT BUTTER RICE KRISPIE COOKIES**

**Martha Bandy**  
Washington, Iowa

1 cup white Karo syrup  
1 cup sugar  
2 cups peanut butter

6 oz. chocolate chips  
5 to 6 cups Rice Krispies

Bring syrup and sugar to a boil in a large pan. Remove from heat and stir in the peanut butter and chocolate chips. Stir until melted. Add Rice Krispies. Stir until Rice Krispies are coated. These cookies can be dropped by the spoonful on waxed paper or pressed into a 13 x 9 cake pan.

## **DIXIE SLOPES**

**Emily Thies**

1 cup brown sugar  
 $\frac{1}{2}$  cup butter, melted  
 $\frac{1}{2}$  cup milk  
2 squares chocolate  
1 egg

$\frac{1}{2}$  tsp. baking powder  
 $1\frac{1}{2}$  cups flour  
1 tsp. vanilla  
 $\frac{3}{4}$  cup nuts

Mix and drop onto greased cookie sheets. Bake in 375-400° oven. Cool and frost.

### **Frosting:**

$\frac{1}{4}$  cup cream

$1\frac{1}{2}$  squares chocolate, melted  
1 tsp. vanilla

Add powdered sugar to spread.

## **MELT-IN-YOUR-MOUTH CHOCOLATE CHIP COOKIES**

**Elsie Blom**

Jean DeBeer, Cedar Falls, Iowa

1 cup brown sugar  
1 cup white sugar  
1 cup oil  
1 cup shortening  
2 eggs  
1 tsp. vanilla

4 cups flour  
2 tsp. soda  
4 tsp. cream of tartar  
1 tsp. salt  
12 oz. chocolate chips

Cream sugars, oil and shortening. Add eggs and vanilla. Beat well, add dry ingredients, then chips. Bake at 350° for 12 to 15 minutes.

## **CHOCOLATE MACAROON COOKIES**

**Margaret Van Vark**

12 oz. chocolate chips  
1 cup pecans, chopped  
 $\frac{3}{4}$  cup sugar

2 eggs beaten  
1 tsp. vanilla  
 $\frac{1}{2}$  tsp. salt

Melt chocolate chips, add sugar and beaten eggs, add salt, vanilla and nuts. Drop by teaspoon. Bake on foil 10 to 12 minutes at 350°. Makes about 3 dozen cookies.

## STRUSEL PECAN PIE SQUARES

Fran Vander Molen  
Lansing, Illinois

### **Crust:**

3 cups flour  
¾ cup brown sugar  
1½ cups margarine or butter,  
chilled

### **Filling:**

¾ cup brown sugar

1½ cups corn syrup or maple  
flavored syrup  
1 cup milk  
⅓ cup margarine or butter, melted  
1 tsp. vanilla  
4 eggs  
1½ cups chopped pecans or other  
nuts

Heat oven to 400°. Lightly spoon flour into measuring cup. In a large bowl combine all crust ingredients. Blend until crumbly. Reserve 2 cups crumbs for filling and topping. Press remaining crumbs in bottom and ¼" up the sides of an ungreased 15 x 10" jelly roll pan (or cooky sheet with sides). Bake at 400° for 10 minutes.

In a large bowl combine ¼ cup reserved crumbs and all filling ingredients except the pecans. Mix well. Stir in pecans. Pour over prebaked crust. Bake an additional 10 minutes. Reduce temperature to 350°. Sprinkle remaining 1¾ cups crumbs over filling. Bake at 350° for 20-25 minutes or until filling is set and crumbs are golden brown. If desired, serve with whipped cream or ice cream. Makes 15 servings.

## LEMON COCONUT BARS

Arvonne Van Hemert

1 cup flour  
½ cup butter  
¼ cup powdered sugar  
2 eggs, beaten  
1 cup sugar

3 Tbsp. lemon juice (if using fresh  
lemon, include grated rind)  
2 Tbsp. flour  
pinch of salt  
1 cup coconut  
powdered sugar

Mix first 3 ingredients as for a pie crust and pat into an 8 inch square buttered pan. Bake for 10 minutes at 350°. Cool. Mix remaining ingredients except powdered sugar and pour over cooled crust. Bake for 25 minutes at 350°. Sprinkle top with powdered sugar. Bake for a few minutes more.

## DATE BARS

Sue Plantinga

### **Date Mixture:**

1 cup pitted dates  
1 cup water  
1 cup sugar

### **Crumb Mixture:**

1½ cups flour

½ tsp. soda  
½ tsp. salt  
1 cup brown sugar  
1½ cups oatmeal  
1 cup melted butter  
1 cup nuts

Cook the date mixture and cool. Combine the crumb mixture. Pat one half of the mixture into the bottom of a 9 x 12 cake pan. Spread cooled date mixture on top. Sprinkle remaining crumb mixture on top. Bake at 350° for 30 minutes. Bars are done when the top browns.

## APRICOT BARS

Henrietta Kooy  
Lansing, Illinois

- |                                  |                      |
|----------------------------------|----------------------|
| 1 cup shortening                 | 3 egg whites         |
| 2 cups flour                     | 1 cup powdered sugar |
| ½ cup sugar                      | ½ cup chopped nuts   |
| 1 can apricot pie filling or jam |                      |

Blend shortening, flour and sugar as for pie crust and press in a 9 x 13 pan. Bake 10 minutes at 350°. While warm, spread apricot filling or jam over baked crust. Beat egg whites until very stiff. Fold in powdered sugar. Spread over filling. Sprinkle with nuts. Bake 30-35 minutes at 350°.

## BINGO BARS

Gloria Jean Nall  
Peggy Pierson, Teresa Willemsen

- |                                  |                               |
|----------------------------------|-------------------------------|
| 3 eggs                           | 1 jar strained carrots (baby) |
| 3 cups sugar                     | 2 cups flour                  |
| 1¼ cups oil                      | 2 tsp. soda                   |
| 1 jar strained applesauce (baby) | 2 tsp. cinnamon               |
| 1 jar strained apricots (baby)   |                               |

Beat eggs and gradually add sugar. Mix well. Add oil and blend. Sift together dry ingredients. Combine baby food in a bowl, then alternately add dry ingredients and baby food to egg mixture. Bake in greased and floured 10" x 15" jelly roll pan. Bake at 350° for 25 to 30 minutes. Cool. Frost with cream cheese frosting.

- |                              |                      |
|------------------------------|----------------------|
| <b>Cream Cheese Frosting</b> | ½ tsp. vanilla       |
| 1 (3 oz.) cream cheese       | 1 cup powdered sugar |

Mix and spread on top. Cut into bars.

## MOIST FRUIT BARS

Faithe Timmer

- |                                     |                        |
|-------------------------------------|------------------------|
| 1½ cups sugar                       | 1½ tsp. soda           |
| 2 eggs                              | ½ tsp. salt            |
| 1 (#2) can fruit cocktail and juice | 1 tsp. vanilla         |
| 2½ cups flour                       | 1⅓ cups flaked coconut |
|                                     | ¼ cup chopped nuts     |

Beat sugar and eggs. Mix in fruit cocktail. Add flour, soda, salt and vanilla. Mix. Spread in greased 11 x 17" pan. Sprinkle over the top the flaked coconut and chopped nuts. Bake 20-25 minutes at 350°.

- |                 |                       |
|-----------------|-----------------------|
| <b>Topping:</b> | ¼ cup evaporated milk |
| ¾ cup sugar     | ¼ tsp. vanilla        |
| ½ cup butter    | ¼ cup chopped nuts    |

Combine the sugar, butter, evaporated milk and vanilla. Boil for 2 minutes. Remove from heat and add the chopped nuts. Cool slightly. Pour over baked bars when removed from oven.



## ALMOND BARK BARS

Mrs. Oliver Johnson  
Exira, Iowa

1 lb. almond bark  
1 cup chunky peanut butter  
4 cups Rice Krispies

1 cup salted peanuts  
1 tsp. almond flavoring

Cut bark into chunks and place over hot water and melt slowly. Stir in peanut butter. Remove from heat and add rest of ingredients. Pat into 9 x 13 pan. Can frost with 1 (6 oz.) pkg. melted chocolate chips.

## SALTED PEANUT BARS

Jen Andeweg  
Donna Williams, Adel, Iowa

### Crust:

1½ cups flour  
¾ cup brown sugar  
½ tsp. baking powder  
½ tsp. salt  
¼ tsp. soda  
½ cup butter (soft)  
1 tsp. vanilla  
2 egg yolks

3 or more cups miniature  
marshmallows

### Topping:

¾ cup corn syrup  
¼ cup butter  
2 tsp. vanilla  
1 (12 oz.) pkg. peanut butter chips  
2 cups Rice Krispies  
2 cups salted peanuts

Combine crust ingredients. Press in ungreased 9 x 13" pan. Bake at 350° for 12 to 15 min. Immediately sprinkle over the top the marshmallows. Return to oven 1 to 2 minutes til marshmallows puff. Cool.

**Prepare topping:** In saucepan heat syrup, butter, vanilla and chips until melted. Remove from heat. Add cereal and nuts. SPOON over crust. Chill, cut into bars.

## PETER PANS

Coretha Rozendaal

6 oz. butterscotch chips  
6 oz. chocolate chips  
¾ cup peanut butter

¼ cup butter  
1 cup nuts, chopped  
2 cups miniature marshmallows

Melt chips, peanut butter and butter in microwave — 3 to 4 minutes on high. Add nuts and marshmallows. Pour into buttered dish. Cool or refrigerate. Cut into small squares.

## PEANUT BUTTER BARS

Jan Vanden Berg

1 cup margarine  
1½ cups peanut butter (12 oz. jar)  
1 lb. powdered sugar

### Topping:

3 Tbsp. margarine  
12 ozs. chocolate chips

Melt margarine, add peanut butter and then the powdered sugar. Pat and spread out in a jelly roll pan. For topping melt margarine and chocolate chips. Spread on the crust and refrigerate.

## CARAMEL ROCKY ROAD BARS

Jennie DeBruin

### Crumb Mixture:

1 cup flour  
¾ cup quick oatmeal  
½ cup sugar  
½ cup softened butter  
½ tsp. baking soda  
¼ tsp. salt

¼ cup chopped salted peanuts

### Filling Mixture:

½ cup salted peanuts  
½ cup caramel ice cream topping  
1½ cups miniature marshmallows  
½ cup milk chocolate chips

Grease and flour 9 inch square baking pan. Combine all crumb mixture ingredients except peanuts. Beat at low speed until mixture is crumbly. Stir in peanuts. Reserve ¾ cup of mixture. Press remaining crumb mixture into prepared pan. Bake in 325° oven until lightly browned, (approx. 8 to 10 minutes.) Remove from oven and spread caramel topping evenly over hot crust, being careful to keep it all on top, not running down the sides. Sprinkle with peanuts, marshmallows and chocolate chips. Crumble remaining crumb mixture on top. Return to oven and continue baking until crumb mixture is lightly browned. Cool; cut into bars.

## CHOCOLATE BARS

Claire Cook

12 oz. chocolate chips  
1 cup peanut butter

1 cup salted peanuts  
12½ oz. pkg. miniature  
marshmallows

Melt the chocolate chips over low heat. Stir in the peanut butter and remove from heat. Add nuts and marshmallows to the mixture. Stir until well coated. Pour into greased 9½ x 12½ pan. When cool cut into squares.

## CHIP MERINGUE COOKIES

Grace Housman

Lansing, Illinois

Lori Fegley, Cedar Falls, Iowa

1 cup butter  
½ cup brown sugar  
½ cup white sugar  
2 egg yolks  
1 Tbsp. water  
1 tsp. vanilla  
2 cups flour

¼ tsp. salt  
1 tsp. soda  
1 pkg. chocolate chips  
2 egg whites  
1 cup brown sugar  
1 cup chopped nuts

Cream butter (part shortening may be used). Gradually add sugars; beat until fluffy. Add egg yolks, water and vanilla, beat well. Add flour, salt and soda; mix well and spread in greased pan about 12" x 16". Sprinkle chocolate chips on top and press in batter. Beat egg whites until stiff; add brown sugar and beat until it forms peaks. Spread over batter. Sprinkle nuts over top. Bake at 375° for 20 min. Let cool, cut in squares.

**Variation:** Decrease butter to ½ cup. Omit brown sugar and increase white sugar to 1 cup. Decrease soda to ¼ tsp. May omit nuts.

## CHOCOLATE COCONUT BARS

Marla Bandstra  
Sioux Center, Iowa

- |                   |                                 |
|-------------------|---------------------------------|
| 1 1/4 cups sugar  | 3 eggs                          |
| 1 cup flour       | 3/4 cup nuts                    |
| 1/2 cup margarine | 1 pkg. (7 oz.) shredded coconut |
| 1 Tbsp. cocoa     | 1 can sweetened condensed milk  |

Cream together the sugar, margarine and eggs. Stir in flour and cocoa. Add nuts. Spread batter in 9 x 13 greased pan. Bake at 350° for 25 minutes. Remove from oven. Sprinkle shredded coconut over bars and drizzle the sweetened milk over the coconut. Return to the oven and bake for 25 minutes at 325°. When cool frost with your favorite chocolate frosting.

## TOFFEE HEATH BARS

Dorothy Vander Leest

- |                    |                            |
|--------------------|----------------------------|
| 2 cups flour       | 1 tsp. vanilla             |
| 2 cups brown sugar | 1 tsp. soda                |
| 1/2 tsp. salt      | 1 cup buttermilk           |
| 1 stick margarine  | 1/2 cup pecans (chopped)   |
| 1 egg              | 6 chopped Heath candy bars |

Mix flour, sugar, salt and margarine. Reserve 1 cup of this mixture. Combine egg, vanilla, soda and buttermilk with the remaining crumb mixture. Put into a greased and floured 11 x 15 pan. Spread remaining flour mixture on top. Sprinkle with pecans and candy bars. (Candy bars chilled in the refrigerator will cut up easier.) Bake at 350° for 20-25 minutes.

## LYNN'S BROWNIES

Lynn Cook Ryan  
Mrs. Frank Risius, Buffalo Center, Iowa

- |                  |                    |
|------------------|--------------------|
| 2 cups flour     | 2 beaten eggs      |
| 2 cups sugar     | 1/2 cup buttermilk |
| 1/4 tsp. salt    | 1 tsp. soda        |
| 1 cup butter     | 1 tsp. vanilla     |
| 3 Tbsp. cocoa    | 1/2 cup nuts       |
| 1 cup cold water |                    |

Sift together flour, sugar and salt. Set aside. Bring the butter, cocoa and cold water to a boil. Add this to the first mixture and beat well. Add remaining ingredients. Put into greased jelly roll pan and bake at 375° for 20 to 25 minutes. Frost while warm.

### Frosting:

- |                |                       |
|----------------|-----------------------|
| 1/2 cup butter | 6 Tbsp. milk          |
| 2 Tbsp. cocoa  | 5 cups powdered sugar |
|                | 1 tsp. vanilla        |

Bring butter, cocoa and milk to a boil. Add powdered sugar and vanilla. Beat.



## HAWAIIAN BROWNIES

Mrs. Harry Kuiper

- |                      |   |
|----------------------|---|
| 1 cup butter         | ½ tsp. salt                                   |
| 1½ cups sugar        | ¼ tsp. cinnamon                               |
| 4 eggs               | 1 (15 oz.) can crushed pineapple<br>(drained) |
| 1 tsp. vanilla       | 3 oz. chocolate (melted)                      |
| 1½ cups flour        | ½ cup walnuts (chopped)                       |
| ½ tsp. baking powder |   |

Cream butter, sugar. Add eggs and vanilla; blend well. Combine flour, baking powder, salt and cinnamon. Add to creamed mixture. Combine 1¼ cups batter with pineapple in a small bowl. Add chocolate and nuts to the remaining batter. Spread chocolate batter in greased 9 x 13 pan. Spread pineapple mixture over the chocolate batter. Bake at 350° for 30 minutes. Cool and frost.

### Chocolate Frosting:

6 Tbsp. margarine

6 Tbsp. milk

1½ cups sugar

Cook until bubbly (approx. 1 minute). Then beat in ½ to 1 cup of chocolate chips.

## GOLD RUSH BROWNIES

Judi Menninga

- |                                  |                                |
|----------------------------------|--------------------------------|
| 2 cups crushed graham crackers   | 1 (6 oz.) pkg. chocolate chips |
| 1 can Eagle Brand condensed milk | ½ cup chopped nuts             |

Mix together ingredients. Grease a 9 x 9 pan. Line it with waxed paper and grease the paper. Place mixture in the pan and bake at 350° for 35 minutes. When slightly cooled, turn pan over and pull off the waxed paper.

## APPLE CRUNCH CAKE

Mrs. Cal Verhoef  
Jacksonville, Illinois

- |               |                             |
|---------------|-----------------------------|
| 1½ cups oil   | 2 tsp. vanilla              |
| 2 eggs        | 1 tsp. cinnamon             |
| 3 cups flour  | ¾ tsp. salt                 |
| 1½ tsp. soda  | 3 cups chopped fresh apples |
| ½ tsp. nutmeg | 1 cup chopped nuts          |
| 2¼ cups sugar |                             |

Sift flour, cinnamon, nutmeg, salt and soda. Beat eggs and add oil, sugar and vanilla. Add dry ingredients to egg mixture. Stir in apples and nuts (very stiff). Bake in greased and floured 9x13 pan at 350° for 50 minutes.



# Wedding - Friesland Province



## Breads

Edited by Elaine Jaarsma







## ORANGE ROLLS BASIC RECIPE

Jennie De Bruin

2 pkgs. cake or dry yeast	½ cup sugar
¾ cup lukewarm orange juice	1 Tbsp. salt
½ cup shortening	3 well-beaten eggs
¾ cup orange juice, heated	5¾ - 6 cups flour (approximate)

Sprinkle yeast in ¾ cup lukewarm orange juice. Let stand 5-10 minutes; stir. (If you don't like the orange flavor, you may substitute milk in this recipe.) In mixing bowl mix shortening, sugar and salt with the heated orange juice; cool to lukewarm. Stir in yeast mixture. Add eggs and 3 cups flour and beat well. Add remaining flour to make soft dough and knead. Let rise until doubled. Divide dough into three parts to make Swedish Tea Ring, Butternut Rolls and Glazed Orange Rolls. (Or if you prefer, plain rolls or buns work fine, too.) **Note:** This dough may be stored in refrigerator for 3 to 4 days in a greased bowl, covered with aluminum foil.

### Variations:

#### Swedish Tea Ring

⅓ Basic Recipe	¼ cup chopped nuts
1 Tbsp. butter or margarine	¾ cup powdered sugar
¼ cup sugar	3 tsp. water
¼ tsp. cinnamon	additional chopped cherries
½ cup chopped maraschino cherries	and nuts

Take 1/3 basic roll recipe and roll into 12" x 15" rectangle. Brush with butter and sprinkle with sugar, cinnamon, maraschino cherries and nuts. Roll as for jelly roll. Place on greased baking sheet. Form into circle and seal ends firmly together. Cut 1" slices almost through with scissors. Turn each slice partly on its side. Let rise until doubled. Bake in 350° oven for 20 min. While still warm, frost with sugar glaze made of powdered sugar and water. Garnish with additional chopped cherries and nuts.

#### Butternut Rolls

⅓ basic orange roll recipe	½ cup sugar mixed with ½ cup
¼ cup melted butter	chopped pecans

Cut dough in size of walnuts and shape into balls. Quickly roll each ball in melted butter, then in sugar/nut mixture. Place each ball in greased muffin cups. Cover and let rise. Bake for 12 - 15 minutes at 350°.

#### Glazed Orange Rolls

⅓ basic orange roll recipe	½ cup orange juice
1 Tbsp. butter	½ cup sugar
¼ cup sugar	Brazil nuts
¼ tsp. cinnamon	

Roll dough into rectangle 12" x 14". Sprinkle with sugar and cinnamon. Roll as for jelly roll, cut into 1" slices. Combine the orange juice, butter and sugar in sauce pan. Bring to boil and boil for 5 minutes. Pour syrup into muffin pan. Syrup must not be hot when rolls are placed in it. Drop in several Brazil nuts sliced, if desired. Place rolls, cut side down in the orange syrup. Bake in 350-375° oven until done, 15 - 20 minutes.

## BUTTERSCOTCH ROLLS

1 pkg. butterscotch pudding mix	$\frac{1}{4}$ cup warm water
1 $\frac{1}{2}$ cup evaporated milk	2 tsp. salt
1 stick margarine	2 eggs
1 pkg. yeast	4 to 4 $\frac{1}{2}$ cups flour

Cook pudding mix with milk until thick. Remove from heat and add margarine. When cool, add yeast which has been dissolved in the  $\frac{1}{4}$  cup warm water. Add salt, eggs and mix well. Add flour, knead lightly and let rise until double (only once). Divide dough in 4 parts and roll each part in a circle. Place filling on each circle into pie-shaped pieces and roll pieces like butterhorn rolls. Let rise on buttered pans. Bake at 350° for 20 minutes. Put frosting on rolls while warm.

### Filling:

$\frac{1}{4}$ cup margarine, melted	$\frac{2}{3}$ cup coconut
$\frac{2}{3}$ cup brown sugar	2 Tbsp. flour
	nuts, if desired

Combine and place on rolls.

### Frosting:

2 Tbsp. melted margarine	$\frac{1}{4}$ cup brown sugar
2 Tbsp. milk	1 cup powdered sugar

## MIXER BOWL ROLLS

Mrs. Frank Risius

(Quickly done)

2 pkgs. yeast	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ cup warm water	$\frac{2}{3}$ cup dry milk
2 cups boiling water	4 eggs, beaten
$\frac{1}{2}$ cup shortening	6 cups flour (approximate)
1 tsp. salt	

Dissolve yeast in warm water and set aside. Stir the shortening, salt, sugar and dry milk into the boiling water. Cool, then add the beaten eggs and yeast mixture. Add about 6 cups flour, part at a time, mixing with a mixer until stiff. Let rise in bowl. Form into rolls as desired. Let rise until ready to bake at 400° for 12 to 20 minutes, depending on size.

## DELICIOUS HOT ROLLS

Joyce Morlan  
Moulton, IA

2 pkgs. dry yeast	2 eggs
$\frac{1}{2}$ cup warm water	2 cups water
$\frac{3}{4}$ cup sugar	2 tsp. salt
$\frac{3}{4}$ cup oil	8 to 8 $\frac{1}{2}$ cups flour

Dissolve the yeast in the warm water. Then mix the sugar, oil, eggs, water and salt in a large bowl. Add the yeast. Mix in the flour one cup at a time. Knead until elastic. Place in large bowl and cover with plastic. Grease top of dough. Place in refrigerator for 4 hours and make into dinner rolls. Let rise again and bake 15 - 20 minutes at 400°.

## SUNDAY DINNER CRESCENT ROLLS

Angie VanDenBerg

Edna (Poppen) Hemmen, Aplington, Iowa

Mix on Saturday evening:

- |                  |                       |
|------------------|-----------------------|
| 1 pkg. dry yeast | ½ cup oil             |
| ¼ cup warm water | ½ cup sugar           |
| 1 tsp. sugar     | 1½ tsp. salt          |
| 1 cup warm water | 4 cups unsifted flour |
| 2 eggs, beaten   |                       |

Dissolve the yeast and 1 tsp. sugar in the ¼ cup warm water. Then mix all together with a spoon. Dough will be sticky. Let set on kitchen counter until morning. Then divide in four parts on floured board. Roll in circle like pie crust. Cut in 8 wedges each. Then roll from large side and shape like crescent. Let rise until home from church. Bake 400° until brown. Butter tops.

## FRESH CHIVE YOGURT BUNS

Lila Turnbull

- |                                    |  |
|------------------------------------|--|
| 1 carton (8 oz.) unflavored yogurt | 2 Tbsp. shortening                     |
| 1 pkg. active dry yeast            | 1 egg                                  |
| ¼ cup warm water (105° - 115°)     | 1 to 2 Tbsp. snipped chives            |
| 2 Tbsp. sugar                      | 2¼ cup all purpose or unbleached flour |
| 1 tsp. salt                        |  |

Heat yogurt just to lukewarm. Dissolve yeast in warm water in large mixing bowl. Add yogurt, sugar, salt, shortening, egg, chives and 1½ cups of flour. Beat until smooth. Stir in remaining flour, continue stirring until smooth. Cover. Let rise in warm place until double — about 45 minutes. Grease 16 medium muffin cups. Stir down batter. Fill muffin cups half full. Pat tops of buns to level with floured fingers (batter is sticky smooth). Let rise until batter reaches top of cups (20 - 30 minutes). Bake 15 to 20 minutes until golden brown at 400°. Makes 16 buns.

## BUNS

Jennie De Bruin

- |                        |                               |
|------------------------|-------------------------------|
| 1½ cups scalded milk   | 1 pkg. dry yeast              |
| 2 Tbsp. butter or oleo | 4½ cups flour (approximately) |
| 2 Tbsp. sugar          | 1 beaten egg                  |
| ½ tsp. salt            |                               |

Dissolve butter, sugar and salt in milk. Cool, then add yeast and ½ cup flour. Let stand 10 minutes. Then add 1 beaten egg and remaining flour, just enough to make a soft dough, stiff enough to knead. Let rise until doubled. Punch down; shape into 12 buns; place on greased cookie sheet. Flatten down with your hand. Let rise again, then bake in 350° oven about 15 to 18 minutes.



## ENGLISH MUFFINS

Nancy Cannon

1 cup buttermilk (or plain milk),  
scalded  
2 Tbsp. sugar or honey  
 $\frac{1}{4}$  cup margarine or oil  
1 Tbsp. salt

1 cup warm water  
1 pkg. dry yeast  
5 to 6 cups flour total  
(1 to 2 cups whole wheat)

Combine hot milk in large bowl with sugar, margarine and salt. Cool to lukewarm. Dissolve yeast in warm water and add to cooled milk. Add 3 cups flour and beat until smooth. Stir in more flour gradually, mixing well until soft dough is formed. Knead on floured surface until smooth and elastic (8-10 min.) Add more flour as needed. Place in greased bowl, turn to grease top. Cover, let rise in warm place until doubled (about 1 hour). Punch down. Divide in half. Roll out on lightly floured surface no less than  $\frac{1}{2}$ " thick and cut out circles (tuna can or slightly larger glass works well.) Repeat with remaining dough. Place circles gently on cookie sheet moderately sprinkled with cornmeal. Sprinkle top with cornmeal. Space  $1\frac{1}{2}$ " apart to allow for rising. Cover with cloth; let rise until doubled. To bake, lightly grease griddle or electric fry pan. Heat to moderately hot (300°). Carefully lift muffins to pan with spatula without touching each other. Bake until bottom is browned (5-10 minutes). Then flip and brown other side.

## ENGLISH MUFFIN LOAVES

Carolyn Busker  
Denver, Colorado

2 pkgs. active dry yeast  
6 cups unsifted flour  
1 Tbsp. sugar  
2 tsp. salt

2 cups milk  
 $\frac{1}{4}$  tsp. baking soda  
 $\frac{1}{2}$  cup water  
cornmeal

Combine 3 cups flour, yeast, sugar, salt and soda. Heat liquids until very warm (120° - 130°). Add to dry mixture; beat well. Stir in rest of flour to make a stiff batter. Spoon into two  $8\frac{1}{2}$ " x  $4\frac{1}{2}$ " pans that have been greased and sprinkled with cornmeal. Sprinkle tops with cornmeal. Cover, let rise in warm place for 45 minutes. Bake at 400° for 25 minutes. Remove from pans immediately and cool.

Microwave oven directions: Reduce flour to 3 cups in first step and 2 cups in second step. Mix and let rise as directed above. Microwave each loaf on high power for  $6\frac{1}{2}$  minutes. Surface of loaf will be flat and pale in color. Allow to rest for 5 minutes before removing from pans. To serve, slice and toast.

## COOLRISE HONEY LEMON WHOLE WHEAT BREAD

Mildred Fanter  
Crystal, Lake, Ill.

3¼ to 4¼ cups all-purpose flour  
2 pkgs. active dry yeast  
1 Tbsp. salt  
¼ cup honey  
3 Tbsp. softened margarine

1 Tbsp. grated lemon peel  
2¼ cups hot tap water  
2 cups whole wheat flour  
salad oil

Combine 2 cups all-purpose flour, yeast, salt in large bowl. Stir well; add honey, margarine and lemon peel. Add hot tap water all at once. Beat with mixer at medium speed for 2 minutes. Scrap bowl occasionally. Add 1 cup whole wheat flour; beat at high speed for 1 minute or until thick and elastic. Stir in remaining 1 cup whole wheat flour with wooden spoon. Gradually stir in just enough all-purpose flour to make a soft dough that leaves side of bowl. Round up into a ball on a floured board. Knead 5 to 10 minutes or until smooth and elastic. Cover with plastic wrap and towel and let rest for 20 minutes. Punch down, divide and shape into two loaves. Brush surface of dough with oil. Place in greased pans, wrap loosely with plastic wrap. Refrigerate 2 to 24 hours. Remove from refrigerator and let stand 10 minutes while preheating oven. Bake at 400° for 30 to 40 minutes. Brush crust with margarine while hot.

## SUZANNE FARVER'S EASY BREAD

Suzanne Farver  
Denver, Colorado

6½ to 8 cups white "bread" flour  
⅓ cup soy flour  
⅓ cup wheat germ  
2 Tbsp. active dry yeast  
(2 pkgs.)  
3 tsp. salt  
2 tsp. sugar

1 Tbsp. dried parsley  
1 tsp. each dried thyme & oregano  
⅓ tsp. garlic  
2 Tbsp. melted butter  
2 cups warm water  
melted butter  
sesame seeds

Mix dry ingredients using 5 cups flour. Add water and beat until your mixer can't stand it any more (to make an elastic dough). Work in the rest of the flour with a spoon, and then your hands on a board. Put in a greased bowl and let rise in a warm place until double. Punch down and form into 4 oblong loaves. Grease French bread pans or two 13" x 9" pans. Sprinkle with sesame seeds. Place loaves in pans and brush with melted butter. Let rise until double and bake at 350° for 45 minutes to 1 hour until bottom crust is brown and bread sounds hollow when tapped. Rotate pans during baking.

## GRANDMA SMITH'S RAISIN BREAD

Lois Smith

4 pkgs. dry yeast	2 lbs. raisins
1 tsp. sugar	$\frac{3}{4}$ cup sugar
1 cup warm water	1 cup oil
1 can (13½ oz.) evaporated milk	3 tsp. cinnamon
& enough water to make 4 cups	5 eggs
3 Tbsp. salt	13 or 14 cups flour

Dissolve yeast and sugar in the warm water. Set in warm place until bubbly. Warm the evaporated milk/water mixture on the stove. To this milk add salt, raisins, sugar, oil, cinnamon, and eggs. Then add the yeast mixture to the milk mixture. Add 6 cups of flour. Mix well. Then add 5 more cups of flour. Stir and knead. Add 2-3 cups more flour gradually until dough is smooth and elastic. Let rise until double. Punch down. Place in bread pans. Let rise until double again. Bake at 375°. Makes 5 to 6 good-sized loaves.

## FRUIT FLAVORED COFFEE CAKE

Sue Plantinga  
Jo Ellen Krug

4 eggs	1 tsp. baking powder
1 cup sugar	2 cups flour
1 cup cooking oil	1 can pie filling (any flavor)

Beat eggs until light (at least 3 minutes). Add sugar and oil. Beat until well mixed. Combine flour and baking powder. Mix until well blended. Spread half the batter into a well-greased 9" x 13" pan. Spread the pie filling over the batter. Spread remaining batter on top. Bake 30 minutes at 350°. Drizzle with powdered sugar frosting, if desired, while still warm.

## FRESH APPLE COFFEE CAKE

Marie Lavric  
Lansing, Illinois

1½ cups sugar	$\frac{3}{4}$ cup warm coffee
$\frac{3}{4}$ cup shortening	3 to 4 apples (golden delicious, etc.), cored and diced (3 cups)
2 eggs	$\frac{1}{2}$ cup chopped walnuts
2½ cups flour	<b>Topping:</b>
1 tsp. soda	$\frac{1}{2}$ cup brown sugar
$\frac{3}{4}$ tsp. cinnamon	$\frac{1}{2}$ tsp. cinnamon
$\frac{3}{4}$ tsp. salt	

Cream sugar and shortening, add eggs, beat. Sift dry ingredients; add to creamed mixture alternately with coffee; fold in apples and nuts. Put in a greased and floured 9" x 13" pan; sprinkle the topping on top of batter. Bake at 350° for 45 minutes.



## EASY ALMOND COFFEE CAKE

Marla Bandstra  
Sioux Center, Iowa

1 cup sugar  
1 pkg. yellow cake mix

1 lb. almond paste

Crumble together the sugar and almond paste. Then prepare cake mix according to the directions on package. Into a greased 9" x 13" pan, sprinkle half of the sugar/almond mixture. Cover with half the cake batter, remaining sugar/almond mixture and remaining batter. Bake according to cake mix instructions. While warm, drizzle with a powdered sugar icing. Serve warm.

## COFFEE CAKE

Traudi Roth

1 pkg. Jiffy cake mix, yellow or white  
1 pkg. vanilla instant pudding mix (dry)  
 $\frac{1}{3}$  cup oil

2 eggs  
 $\frac{1}{2}$  cup cold water  
 $1\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{3}$  cup sugar  
1 tsp. cocoa

Mix the cake and pudding mixes together in small bowl. Add the oil, eggs and water and beat for 5 minutes. Mix together the cinnamon, sugar and cocoa, and sprinkle over the batter in the pan. Sprinkle with nuts. Cut through topping and batter several times with knife. Bake at 325° about 35 minutes. Serves 9.

## SOUR CREAM COFFEE CAKE

Gert Hoekstra  
Lansing, Illinois

2 eggs  
 $\frac{3}{4}$  cup dairy sour cream  
 $\frac{1}{2}$  of a 17-oz. Pillsbury yellow cake mix (2 cups)

Pillsbury coconut pecan (or almond) frosting mix  
butter

Combine eggs and sour cream; add cake mix. Stir by hand to mix. Put half the batter in a greased 9" layer cake pan. Sprinkle half of the dry frosting mix on top; then pour remaining half of batter, and finish with the remaining dry frosting mix on top. Dot surface with butter. Bake at 350° for 35 minutes.

## BREAD STICKS

Dian Van Dalen

8 hot dog buns  
 $\frac{1}{2}$  cup butter

Parmesan cheese  
garlic salt or onion salt

Preheat oven to 450°. Cut each hog dog bun into four pieces — lengthwise. Melt butter. Brush each piece using all of the butter. Sprinkle with Parmesan cheese, garlic salt or onion salt. Put into oven and turn oven off. Leave overnight.

## STRAWBERRY BREAD

Carol Van Der Meide  
Cedar Falls, Iowa

- |                    |                         |
|--------------------|-------------------------|
| 3 cups flour       | 2 (10 oz. boxes) frozen |
| 2 cups sugar       | strawberries            |
| 1 tsp. salt        | 1¼ cup oil              |
| 2 tsp. cinnamon    | 3 eggs, well beaten     |
| 1 tsp. baking soda | 1 cup pecans, chopped   |

Sift dry ingredients together. Mix strawberries, oil and eggs. Add to dry ingredients. Mix until moistened. Add pecans. Pour into 2 greased loaf pans. Bake 45 minutes to 1 hour at 350°.

## BUTTERMILK CORN BREAD

Dian Van Dalen

- |                      |                         |
|----------------------|-------------------------|
| 1 cup cornmeal       | ½ tsp. baking soda      |
| ½ cup flour          | 1⅞ cup buttermilk       |
| 1 tsp. salt          | 1 egg, beaten           |
| 1 tsp. baking powder | ¼ cup melted shortening |

Combine dry ingredients. Add rest, stir well. Spoon into hot greased 9" pan. Bake 450° for 15 - 20 minutes. Serve with honey butter.

## MEXICAN CORNBREAD

Betsy Farver

- |                                |                        |
|--------------------------------|------------------------|
| 2 eggs, beaten with            | 1 cup yellow cornmeal  |
| ¼ cup oil                      | ½ tsp. salt            |
| 1 can diced green chilis       | 2 tsp. baking powder   |
| 1 (9 oz.) can cream style corn | 1½ cups shredded sharp |
| ½ cup sour cream               | Cheddar cheese         |

Stir until thoroughly blended. Pour into greased 8" round or square pan. Sprinkle with additional cheese. Bake at 350° for 1 hour. Can be frozen.

## HERB TOMATO CHEESE BREAD

Marcie Bremer  
Scottsdale, Arizona

- |                                |                  |
|--------------------------------|------------------|
| ¾ cup milk                     | ⅓ cup mayonnaise |
| 2 cups Bisquick                | ¾ tsp. salt      |
| 2 or 3 medium tomatoes, sliced | ¼ tsp. pepper    |
| thin after peeling             | ½ tsp. oregano   |
| 1 medium onion, chopped        | ¼ tsp. sage      |
| 1 cup grated Cheddar cheese    | paprika          |
| ¾ cup sour cream               |                  |

Mix milk and Bisquick to make soft dough. Knead on floured board. Put dough in buttered 9" x 13" pan. Push up dough on sides of pan. Lay tomatoes on dough. Then mix together the remaining ingredients and pour this mixture over the tomatoes. Sprinkle with paprika. Bake about 30 minutes in 400° oven.

## CRANBERRY-ORANGE BREAD

Karen Den Adel

2 cups flour	1 egg
1 cup sugar	2 Tbsp. oil
1½ tsp. baking powder	¾ cup orange juice
½ tsp. baking soda	orange rind
½ tsp. salt	1 cup cut-up cranberries

Blend dry ingredients. Mix in beaten egg, oil, orange juice and rind. Fold in cranberries. Bake 1 hour at 350°.

## HEALTH BREAD

Mrs. Lyle Kooiker  
Sioux Center, Iowa

1 cup dark corn syrup	1 cup oatmeal
1 egg	1 cup All-Bran
1 tsp. baking soda	½ cup raisins boiled in 1 cup
1 cup sour milk	water
1 cup graham flour	½ tsp. salt

Boil raisins first and let cool. Dissolve the soda in the sour milk. Mix according to order of ingredients. Bake in 4 short cans at 350° for 1 full hour.

## ALMOND BREAD

Carol Van Der Meide  
Cedar Falls, Iowa

1 cup grapenuts	1½ cups sugar
3 cups milk	3 cups flour
2 eggs	2 tsps. baking soda
1 Tbsp. butter	½ lb. almond paste

Mix the grapenuts and milk together and soak overnight (or at least 1 hour). Combine eggs, butter and sugar and beat until creamy. Add the dry ingredients to the egg mixture alternately with the milk and grapenut mixture. Crumble in the almond paste. Bake 1 hour at 350°. Makes 2 loaves.

## BANANA BREAD

Edna (Poppen) Hemmen  
Aplington, Iowa

1½ cups raisins	¼ tsp. salt
1 cup hot water	1 cup brown sugar
3 Tbsp. oil	2 cups flour
2 tsp. baking soda	3 ripe bananas
1 egg	nuts

Boil raisins in water and cool. Add oil and baking soda to raisin water. Add beaten egg, salt, brown sugar and flour. Then add bananas and nuts to mixture. Bake at 325° for 1 hour in 3 (no. 2) cans.



## WHOLE WHEAT BANANA BREAD

Carol Mapes

½ cup margarine	1 Tbsp. baking powder
1 cup sugar	1 tsp. salt
3 eggs	¼ tsp. baking soda
1 cup whole wheat flour	1 cup mashed bananas
1⅔ cup flour	

Cream margarine and sugar until light and fluffy. Add eggs one at a time, mixing well after each addition. Add combined dry ingredients to margarine mixture alternately with bananas, mixing just until blended. Pour into greased and floured 9" x 5" loaf pan. Bake at 350°, 1 hour or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pan.

## FRUIT BREAD

Doris Lee

½ cup butter	1 cup mashed ripe bananas
1 cup sugar	¼ cup chopped maraschino cherries
2 eggs	¼ cup chocolate chips
2 cups flour	¼ cup nuts
1 tsp. baking soda	

Cream butter and sugar. Add eggs and beat well. Sift flour and soda and add alternately with banana to egg mixture. Mix in remaining ingredients. Pour into oiled 4½" x 9" loaf pan and bake at 350° for 1 hour. While still warm drizzle with powdered sugar icing. Makes 1 loaf. While chocolate chips are an unusual bread ingredient, don't leave them out. They make the loaf.

## POPPY-SEED BREAD

Claire Cook

3 cups flour	2 cups sugar
1½ tsp. salt	1½ Tbsp. poppy seed
1 cup plus 1 Tbsp. oil	1½ tsp. vanilla
1½ tsp. baking powder	1½ tsp. butter flavoring
3 eggs	1½ tsp. almond flavoring
1½ cups milk	

Pour into four little loaf pans or 2 large ones. Bake at 350° until done. Remove from oven and cool five minutes. Frost.

### Frosting:

¼ cup orange juice	½ tsp. butter flavoring
¾ cup sugar	½ tsp. almond flavoring

Bring just to the boiling point.

## INDIAN FRY BREAD

Carol Mapes

2¼ cups flour  
1½ tsp. baking powder  
⅛ tsp. salt

¾ cup plus 1 Tbsp. warm milk  
approximately ⅓ cup vegetable oil

Sift together flour, baking powder and salt. Add warm milk. Gather dough into a ball. Knead on lightly floured board until smooth — 3 to 4 minutes. Cover and let rest 30 minutes. Shape dough into balls and flatten. Heat oil (1½ inches) in large skillet to 375°. Fry circles, turning them on each side until brown. Serve hot.

## TOSTADA TREAT

Sue Brandl

4 cups flour  
1 tsp. salt  
2 cups water  
½ cup shortening

softened butter  
grated Longhorn cheese  
chopped onion  
chopped tomatoes  
chopped canned green chilies

Mix, then knead for 5 to 10 minutes until soft. Let rest. Divide into balls the size of a large lemon. Roll each dough ball as thin as possible. Put on cookie sheet. Unused pieces of dough may be frozen until needed. Spread butter over rolled-out dough. Bake at 350° until slightly browned. Grate Longhorn cheese on top. Return to oven until cheese melts. Remove from oven. Add chopped onion, chopped tomatoes and chopped chilies. Does not need to be cut, can be pulled apart to eat.

## CHEESE BREAD

Martha Wilkins, Aurora, Colorado  
Mrs. Elmer Christians, Kanawha, Iowa

½ cup margarine  
½ cup grated Parmesan cheese

1 tsp. leaf oregano  
1 tsp. dried parsley flakes

Mix together. Cut a loaf of French bread into 1" slices. Spread with cheese mix. Broil until light brown. Serve warm. Delicious. (Add garlic salt if desired.)

## EASIEST EVER BREAKFAST ROLLS

Sara Caldwell

15 to 18 frozen dough balls,  
thawed  
1 pkg. reg. butterscotch pudding

1 tsp. cinnamon  
½ cup brown sugar  
6 Tbsp. butter

Grease a 10" bundt pan. Place in bottom of pan the thawed dough balls. Then mix together the pudding, cinnamon and brown sugar. Sprinkle this mixture over the dough balls. Then melt the butter and drizzle over the rolls. Let stand on counter, uncovered, overnight. Bake at 350° for 30 minutes.

## MONKEY BALLS

Mrs. Elmer Christians  
Kanawha, Iowa

- |                            |                     |
|----------------------------|---------------------|
| 4 tubes Pillsbury biscuits | 1½ sticks margarine |
| 1 cup sugar                | ¾ cup brown sugar   |
| ½ tsp. cinnamon            | 1 tsp. cinnamon     |

Cut the biscuits into quarters and coat with the mixture of sugar and cinnamon. Drop the biscuits in a bundt pan. Bring the margarine, brown sugar and cinnamon to a boil. Pour over the top of the dough. Bake 40 to 45 minutes at 350°. Invert on a plate while hot.

## BRAN MUFFINS

Coba Boersma  
Lansing, Illinois

- |                          |                                   |
|--------------------------|-----------------------------------|
| 1 cup shortening         | 5 cups flour                      |
| 2 cups boiling water     | 1 quart buttermilk                |
| 3 cups sugar             | 5 tsp. baking soda (mix soda with |
| 3 tsp. salt              | ½ cup buttermilk before adding    |
| 2 cups Kelloggs All Bran | to batter                         |
| 4 cups Nabisco 100% Bran | 2 cups raisins or chopped dates   |
| 4 eggs                   | (optional)                        |

In a very large bowl, mix ingredients in the order given. Fill cupcake paper 2/3 full. Bake 15 to 20 minutes at 375°. Batter improves with age. Can be stored in refrigerator sealed with Saran Wrap up to 6 weeks.

## BLUEBERRY MUFFINS

Pamela Simmons  
North Liberty, Iowa

- |                   |                           |
|-------------------|---------------------------|
| 1 egg (beaten)    | ½ cup sugar               |
| ½ cup milk        | 2 tsp. baking powder      |
| ¼ cup cooking oil | ½ tsp. salt               |
| 1½ cup flour      | ¾ cup drained blueberries |

Combine the above ingredients. Bake at 400° for 20 - 25 minutes. Yields 12 muffins.

## HONEY-OATMEAL MUFFINS

Mrs. Edwin (Luella) Mulder  
Holland, Michigan

- |                     |                                 |
|---------------------|---------------------------------|
| ⅔ cup milk          | ½ cup raisins                   |
| ⅓ cup vegetable oil | ½ cup chopped nuts              |
| 1 egg, beaten       | ⅓ cup firmly packed brown sugar |
| ¼ cup honey         | 1 Tbsp. baking powder           |
| 1½ cup Quaker Oats  | ¾ tsp. salt                     |
| 1 cup flour         |                                 |

Add the milk, oil, honey and egg to the dry ingredients. Mix just until dry ingredients are moistened. Fill 12 greased muffin cups 2/3 full. Bake at 400° for 15 to 18 minutes.





# Village of huizen



## POT POURRI

Edited by Elaine De Boef





## ALL SEASON SALT

- |                     |                        |
|---------------------|------------------------|
| 1 cup salt          | ½ tsp. onion powder    |
| 1 tsp. dry thyme    | ½ tsp. dill weed       |
| 2 tsp. paprika      | 1½ Tbsp. oregano       |
| 1 tsp. curry powder | 1½ Tbsp. garlic powder |
| 2 tsp. dry mustard  |                        |

Combine ingredients and blend well. Store in covered container in cool place.

## SWEETENED CONDENSED MILK (Homemade) (Like Borden's Eagle Brand)

Edith Kuiper

- |  |                                 |
|--|---------------------------------|
| 1 cup plus 2 Tbsp. non-fat<br>dry milk | ½ cup warm water<br>¾ cup sugar |
|--|---------------------------------|

Place water and dry milk in a bowl. Mix well. Add sugar and beat until well blended. Set aside in hot water (this helps to dissolve the sugar.) Cool and chill. This can be used in recipes requesting sweetened condensed milk.

## TAFFY APPLES

Marie Lavric  
Lansing, Ill.

- |   |                       |
|---|-----------------------|
| ½ cup dark brown sugar                    | ½ cup dark corn syrup |
| ½ cup granulated sugar                    | 1 tsp. butter         |
| 1 (15 oz.) can Borden's<br>condensed milk | 1 tsp. vanilla        |

Combine sugars, syrup, milk. Cook to 230° on candy thermometer. Remove from heat, add butter and vanilla. Cool slightly; dip washed and dried apples in syrup, then in bowl of ice water. Recipe coats 12-15 medium sized apples.

## ERV'S OLD-FASHIONED OATMEAL

Erv Roorda  
Spokane, Wash.

- |                          |                 |
|--------------------------|-----------------|
| 5 cups cold water        | ½ cup raisins   |
| 1 tsp. salt              | ½ tsp. cinnamon |
| 2 cups Quaker quick oats | ¼ tsp. nutmeg   |

Put the Quaker oats, salt, raisins, cinnamon and nutmeg in cold water. Bring to a boil, stirring occasionally. Cover pan, remove from heat, and let stand for a few minutes. To serve, add half & half, brown sugar and a little butter if desired. Delicious with jam or fresh fruit. This oatmeal has been served to men's breakfast groups in Michigan, California and Washington and is guaranteed to be a crowd-pleaser.



## SWEET 'N SOUR SAUCE

Marla Bandstra  
Sioux Center, Ia.

- |  |                           |
|--|---------------------------|
| 1 No. 2 can (2½ cups)<br>pineapple tidbits | ¼ cup vinegar             |
| ¼ brown sugar                              | 1 Tbsp. soy sauce         |
| 2 Tbsp. cornstarch                         | ½ tsp. salt               |
|  | ¼ cup thinly sliced onion |

Drain pineapple reserving the syrup. Combine brown sugar and cornstarch; add pineapple syrup, vinegar, soy sauce and salt. Cook and stir over low heat until thick. Add pineapple tidbits and onion. Pour over hot, cooked pork. Reheat in oven until hot.

## MARINATE FOR ROAST

Ruth Ann Kuhn

- |                |                              |
|----------------|------------------------------|
| 3-5 lbs. meat  | 1 Tbsp. Worcestershire sauce |
| 4 oz. vinegar  | 1 Tbsp. garlic salt          |
| 8 oz. oil      | 2 Tbsp. celery salt          |
| 1 Tbsp. pepper | 1 tsp. dry mustard           |

Sprinkle meat with accent and tenderizer; poke holes and pour on marinate, leaving overnight, poking occasionally. Broil 3-5 minutes on each side then grill for 20 minutes on each side turning the meat only once.

## EASY SPAGHETTI SAUCE

Sue Brandl

- |                      |               |
|----------------------|---------------|
| ¾ cup chopped onion  | 2-3 Tbsp. oil |
| 1 garlic bud, minced |               |

Cook onion and garlic in hot oil until tender but not brown. Add:

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 2 cans tomato paste (6 oz. ea.) | 1½ tsp. salt                     |
| 1 can stewed tomatoes           | ½ tsp. pepper                    |
| 1 lg. can (15 oz.) tomato sauce | 1 tsp. Italian seasoning         |
| 2 cups water                    | ¼ cup Parmesan cheese            |
| 1 Tbsp. sugar                   | 2 Tbsp. parsley (fresh or dried) |

Simmer uncovered at least 1 hour (longer if possible). Brown 1 pound hamburger, drain. Add to sauce the last half hour.

## HOMEMADE NOODLES

Mrs. Elmer Christians  
Kanawha, Ia.

- |               |                     |
|---------------|---------------------|
| 3 egg yolks   | 1 tsp. salt         |
| 3 Tbsp. water | 2 cups sifted flour |

Beat eggs 'til very light. Add rest of ingredients. May have to work last bit of flour in by hand. Knead a few times to get smooth. Divide dough into three parts and roll as thin as possible. Place rolled dough on towel until partially dry. Cut into strips.

## APRICOT SNOWBALLS

Barb Dieleman

24 dried apricot halves of medium size (wash and grind).

Mix with:

1½ cups flaked coconut

3 Tbsp. confectioners sugar

3 tsp. orange juice

Shape and roll in additional confectioners sugar. These may be made well in advance.

## SUGAR PLUM FAIRY SUGAR PLUMS

The Ed Van Arkels

2 (3½ oz.) pkgs. whole almonds,  
pecans or walnut halves

1 lb. pitted dates

1 lb. dried apricot halves

1 lb. pitted prunes

super fine granulated sugar

plastic wrap and thin ribbon

Place a nut in a date, the date in an apricot half, the apricot half in a prune and roll in the sugar. Wrap each plum in a square of plastic wrap and tie with a ribbon.

## DRIED FRUIT BALLS

Arvonne Van Hemert

2 tsp. oleo

½ cup light corn syrup

1 tsp. water, rum or orange  
juice or almond flavoring

½ tsp. vanilla

⅔ cup nonfat dry milk powder

2 cups dried mixed fruit finely  
chopped or ground

2 cups flaked coconut, chopped  
Confectioners sugar

Stir margarine in large mixing bowl. Gradually stir in corn syrup, then water, vanilla and dry milk. Add mixed fruit and coconut; mix until well blended. Shape into small balls. Roll in confectioners sugar, if desired. Chill. Makes about 54 (1") balls.

## CHOCOLATE DROP CANDY

Elaine Sybesma  
Lansing, Illinois

2 lbs. powdered sugar

¼ lb. margarine

¼ tsp. almond or vanilla

dash of salt

1 lb. pkg. flaked coconut

1 can Eagle Brand milk

2 large jars of small  
maraschino cherries

Mix all together except cherries. Form into balls with a cherry for the center. Place in refrigerator or freezer to chill thoroughly.

Melt: 1 large pkg. chocolate chips and 2/3 of a bar of paraffin wax. (Use a vegetable can in hot water rather than a double boiler.) With a fork or sturdy wire, dip the cold ball into the melted chocolate. Set on waxed paper to cool.

Tasty also without the center cherry. Yields about 85.

## MICROWAVE PEANUT BRITTLE

Marilyn Ter Maat  
Arlene Van Zante

- |                                |                        |
|--------------------------------|------------------------|
| 1 cup sugar                    | 1 tsp. margarine       |
| ½ cup light or dark corn syrup | 1 tsp. vanilla extract |
| 1½ cups roasted peanuts        | 1 tsp. baking soda     |

In 1½ qt. ovenproof glass bowl, stir together sugar and corn syrup. Microwave with full power 4 minutes. Stir in peanuts. Microwave 3 minutes. Stir in margarine and vanilla, microwave 1 minute.

Check temperature with candy thermometer. Temperature should be 300° F or until small amount of mixture when dropped into very cold water separates into hard brittle threads. If temperature is below 300° F, microwave 1 to 2 minutes longer, checking temperature after each minute. Stir in baking soda until light and foamy. Pour onto lightly greased cookie sheet. Spread evenly with a metal spatula. Break into pieces when cool. Makes 1¼ lbs.

## CHOCOLATE PEANUT CLUSTERS (microwave)

Joan Klyn  
Donna Willemsen

- |                                |                             |
|--------------------------------|-----------------------------|
| 1 lb. white almond bark        | 12 oz. pkg. chocolate chips |
| 16 oz. jar dry roasted peanuts |                             |

Combine white bark, chocolate chips in glass casserole, melt on high power 3½-4 min. Stir after 2 min. Add dry roasted peanuts when all melted. Drop by teaspoon on waxed paper. Store in airtight container. 4-5 dozen.

## PEANUT CLUSTERS (microwave)

Joan Klyn

- |  |                                      |
|--|--------------------------------------|
| 1 (6 oz.) pkg. chocolate morsels       | 1 (12 oz.) pkg. butterscotch morsels |
| 1 (12 oz.) pkg. salted Spanish peanuts |                                      |

Combine chocolate and butterscotch morsels in 2 qt. glass casserole. Heat on medium power 5-6 minutes or until melted. Stir once during melting. Stir in peanuts. Drop by teaspoon onto waxed paper. Let firm, store in airtight container.

## MICROWAVE CARAMEL CORN

JoAnn Ryerson  
Martha Bandy, Washington, Iowa

- |  |                  |
|--|------------------|
| 3 microwave poppers of popped corn (Amana) | ½ cup light Karo |
| 2 sticks butter                            | ½ tsp. soda      |
| 1 cup brown sugar                          | ½ tsp. vanilla   |

Put popped corn in brown paper bag. Mix butter, sugar and Karo, cook on high 8 minutes, stirring each minute. Mix in ½ tsp. soda, and ½ tsp. vanilla. Pour syrup over corn and mix with wooden spoon. Microwave 1½ minutes on high. Mix with spoon. Microwave 1½ minutes more. Stir. Microwave 1 minute. Pour in pan to cool. Stir to break up chunks.



## OVEN CARAMEL CORN

Arvonne Van Hemert, Dr. Joyce Huizer  
Carol De Beer, Marilyn Melhaus

2 cups brown sugar  
2 sticks oleo (1 cup)  
½ cup light corn syrup

1 tsp. salt  
1 tsp. soda  
7½ quarts popped corn

Cook brown sugar, oleo, corn syrup and salt 5 minutes. Remove from heat. Stir in soda and pour over popped corn in a large roasting pan. Stir until corn is evenly coated. Place in a 200° oven and bake 1 hour, stirring every 15 minutes.

## CARAMEL POPCORN

Elaine De Boef  
Mary Glendening

2 cups white sugar  
½ cup water  
¼ cup margarine

½ tsp. cream of tartar  
½ tsp. soda  
16-17 cups popped corn

In heavy 2-quart pan stir together the sugar, water, margarine and cream of tartar. Cook over medium heat to 300° (hard crack). Do not stir during this cooking time.

Remove from heat, add baking soda and stir quickly. Syrup will be golden brown and airy. Pour over popped corn and stir lightly until it hardens like Cracker Jacks.

## CARAMEL POPCORN BALLS

Mrs. Bob (Jean) De Jong

¼ cup oleo  
¾ cup sweetened condensed milk  
½ tsp. vanilla

1 cup brown sugar  
½ cup white syrup  
5 quarts popped corn

In a sauce pan combine butter, sugar and syrup. Stir in milk, simmer stirring constantly until mixture comes to soft ball stage. Stir in vanilla. Pour over popped corn and stir to coat. Shape popcorn into balls about 3½ inches in diameter. Makes 15.

## PEANUT BUTTERED POPCORN

The Ed Van Arkels

3 qts. of popped popcorn  
(½ cup unpopped)  
1½ cups almonds, cashews or  
peanuts  
1 cup sugar

½ cup honey  
½ cup light corn syrup  
1 cup peanut butter  
1 tsp. vanilla

Combine sugar, honey and syrup. Heat over medium heat, bringing to a boil. Boil hard 2 minutes. Turn off heat, and add peanut butter and vanilla. Stir and pour over popcorn and nuts. (Keep corn and nuts warm until mixture is ready to pour.)

## PARTY MIX

Mrs. Bob (Jean) De Jong

1 cup dry roasted peanuts  
2 cups slim pretzel sticks  
2 cups cheese curls  
¼ cup butter or margarine

2 qts. popped corn  
1 Tbsp. Worcestershire sauce  
½ tsp. garlic salt  
½ tsp. seasoned salt

In a shallow pan, mix popped corn, peanuts, pretzel sticks and cheese curls. Melt butter or margarine in a small sauce pan and stir in seasonings. Pour over dry mixture and mix well. Bake at 250° for about 45 minutes, stirring several times.

## BARBECUED PEANUTS

Carol Mapes

3 cups salted blanched peanuts      ¼ cup barbecue sauce

In bowl stir together peanuts and sauce until peanuts are evenly coated. Spread in shallow pan and bake in 300° oven, stirring occasionally, 10 to 15 minutes or until dry and separated. Cool in pan. Makes 3 cups. Store in airtight container or plastic bag. Will keep 1 to 2 months.

## PEANUT BRITTLE

Anna Mae Brandsma  
Lansing, Illinois

½ cup hot water  
2 cups sugar  
1 cup white syrup  
2 cups raw peanuts

1 tsp. vanilla  
1 tsp. salt  
2 tsp. baking soda  
2 Tbsp. butter (or margarine)

Bring water, syrup and sugar to a boil. Boil until it reaches 236°, stirring just until sugar is dissolved.

Add raw peanuts. Cook until mixture reaches 295°, stirring gently. Add the vanilla; then together add the salt, soda and butter. Stir quickly to blend. Pour onto a buttered pan 14" x 17". Do not spread. When cold crack into pieces. Makes about 2 pounds of brittle.

## MOCHA BALLS

Nancy Lienenbrugger

4 egg yolks  
1½ cups confectioners sugar  
(sift before measuring)  
1 (12 oz.) pkg. chocolate chips  
1 cup soft butter

2 tsp. (rounded) instant coffee  
4 Tbsp. brandy  
2 tsp. vanilla  
1 cup chopped pecans

Melt chocolate over hot water, let cool. Beat yolks; add sugar gradually, beating until smooth. Beat in butter. Dissolve coffee in brandy and add vanilla. Combine brandy mixture with egg and butter mixture. Add chocolate and mix thoroughly. Chill well. Shape into balls and roll in pecans. Chill again or freeze. Yields 5 dozen.

## HOLIDAY WREATH

Marilyn Ter Maat

30 large marshmallows

½ cup oleo

1 tsp. vanilla

2 tsp. green food coloring

3½ cup cornflakes

Candied cherries, silver dragels

Combine first 4 ingredients in top of double boiler. Heat until melted. Gradually stir in cornflakes. Drop from teaspoon onto waxed paper and shape into 9-inch wreath. Decorate with cherries and dragels.

## PRALINE GRAHAM CRACKERS

Martha Wilkins  
Aurora, Colorado

1 stick butter

½ cup white sugar

1 stick oleo

Boil this mixture together for 2 minutes. Line a cookie sheet with foil. Place graham crackers on the foil. Pour syrup over crackers. Sprinkle with nuts. Bake 350° for 10 minutes. Take off the foil immediately.

This recipe is correct. It sounds too simple, but it is a recipe I am asked to share whenever it is served.

## PECAN PRALINE GRALEE (A Creole recipe from "Up the River")

Barbara Bush  
Metairie, La.

2 cups white sugar

⅔ cup evaporated milk

2 Tbsp. dark corn syrup

½ tsp. vanilla

4 cups pecan halves

3 Tbsp. butter

pinch of salt

Cook sugar, milk, corn syrup and salt to the softball stage. Add butter, vanilla and pecans. Continue cooking and stirring until pecans have a slightly roasted flavor. Remove from heat and stir until pecan halves separate. Place in a single layer on waxed paper to cool. Makes approximately 6 cups Gralee. Freezes well when placed in airtight containers. A special holiday treat.

## BUTTERMILK FUDGE

Gertrude Vos

Mix together:

2 cups sugar

¼ lb. oleo

1 cup buttermilk

1 tsp. soda

3 Tbsp. white Karo syrup

1 tsp. vanilla

Cook in very large pan over low heat to softball stage (becomes a light caramel color). Take from range, beat with wooden spoon till creamy. Add black walnuts and 1 tsp. vanilla.



## PEANUT BUTTER FUDGE

Judi Menninga

2 cups sugar  $\frac{2}{3}$  cup milk

Stir and cook until softball stage. Add:

1 cup marshmallow creme  $1\frac{1}{2}$  cup peanut butter  
1 tsp. vanilla

Put in a greased 8x8" pan.

## MICROWAVE FUDGE

Lori (Boyd) Onthank  
Oskaloosa, Iowa

3 cups sugar 2 cups marshmallow creme (1 jar)  
 $\frac{3}{4}$  cup margarine 1 cup chopped nuts ( $\frac{1}{2}$  cup  
 $\frac{2}{3}$  cup evaporated milk fresh black walnuts)  
2 cups semi-sweet chocolate chips 1 tsp. vanilla

Mix in large glass bowl sugar, margarine and milk. Cook uncovered for 8 minutes, stirring 3 times. Stir in chips and marshmallow creme until melted, add nuts and vanilla, mix well. Pour into greased 9x13" pan, cool and cut. Note: for  $\frac{1}{2}$  this recipe, cook 5 minutes.

## DIVINITY (microwave)

Arlene Van Zante

Mix in 2 qt. casserole dish or bowl:

2 cups sugar  $\frac{1}{2}$  cup corn syrup  
 $\frac{1}{2}$  cup water

Cook uncovered on high 6-7 minutes. Stir well, cook to hard ball stage or 9 minutes on high, stirring every 2 minutes. Meanwhile beat 2 egg whites till stiff. Add 1 tsp. vanilla to syrup mixture; then add syrup mixture to egg mixture in a slow stream beating on high till stiff with mixer. Drop by spoonfuls onto waxed paper.

## TURTLES (microwave)

Joan Klyn

1 (14 oz.) pkg. caramels 1 (16 oz.) pkg. semi-sweet  
2 Tbsp. evaporated milk chocolate morsels  
1 Tbsp. butter or margarine 1 (1 in.) sq. paraffin, grated  
1 (15 oz.) pkg. pecan halves

Place caramels, milk and butter in 1 qt. glass measure or casserole, heat on full power 2-3 minutes until caramels melted. Arrange pecan halves in groups of 3 on buttered baking sheet. Spoon about 1 Tbsp. warm caramel mixture on each group pecans. Refrigerate uncovered 30 minutes. Place chocolate morsels and paraffin in 2 cup glass measure, heat full power 2-4 minutes until melted (stir halfway). Spoon chocolate mixture over each caramel to cover, cool. Store single layer in tightly covered container in refrigerator. 2-2 $\frac{1}{2}$  dozen.

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Rode Kool (Red cabbage)	17
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